

# Behaviour Change Architect Pilot Show Notes

**KEYWORDS:** Behaviour change, Lifestyle behaviours, Health and wellbeing, Behaviour change strategies, Societal change

**TITLE:** Behaviour Change Architect Episode 1 Pilot

## SHOW NOTES:

In this pilot episode you'll learn about Kerry Evers and her intention to challenge the way we approach change in our behaviour.

Kerry Evers has discovered that behaviour change can affect an endless list of fields and services such as physical health and wellbeing, safety and mental health.

Change could be intentional or not, fast or slow, but it's our attitude that make all the difference. This is where behaviour change strategies come in.

How do we keep up and stay innovative? Research data can sometimes be delayed, especially during the pandemic when people need information and support more than ever.

The aim of this podcast is to discuss innovative change behaviours on a wide range of topics with a vast range of guests, taking inspiration from the word Architect- to bring people and resources together.

## IN THIS EPISODE:

- [00:32] Kerry introduces herself and discusses change.
- [03:00] Chronic conditions and change, regarding things like medication compliance, working with a healthcare team and appointment. Clinical practice often relies on behaviour change techniques as well as intervention programs for their patients.
- [05:00] Behaviour change has expanded in ways that would have been difficult to predict. How do we keep up? How do we stay innovative and continue to build upon best practices. As with any evolving field it's not easy.
- [09:00] The possibility for topics discussed in this podcast are endless within each series. There will be three separate episodes that will follow the same format in every series.
- [10:00] The series name comes from the word 'architect'. Someone who guides a plan or undertaking, in this case all areas of Behavioural change.

## KEY TAKEAWAYS:

- Lifestyle affects physical health and recovery from illness.

- Behaviour change has expanded in ways that would have been difficult to predict.
- How do we keep up and stay innovative in these challenging times?

## **QUOTES:**

“Change is something every human can relate to, whether it's a change that an individual is making, an interpersonal change, organizational change or societal change.” Kerry Evers

“Regardless of the field that you work in, it is very likely that an understanding and discussion around behaviour change science will influence your work.” Kerry Evers

## **BIO:**

Kerry holds a PhD in Experimental Psychology from the University of Rhode Island (URI) and is adjunct faculty at URI. She and her team work to develop and evaluate high-tech programs that help individuals improve their well-being. These programs are used around the world by health systems, employers, and large organizations. She has been awarded several grants and contracts from the National Institutes of Health to support this work. In July 2011, Dr. Evers was named one of Rhode Island's top business people in the annual “40 Under Forty” feature based on her career success and community involvement.

Dr. Evers has over 40 publications and has been invited to speak at close to 100 meetings and conferences around the world. Among her awards, she has been recognized by the U.S. Office of the Secretary of Defense, the office of the Secretary of the Air Force, and last year, she was the recipient of the Mark Dundon Research Award by HERO. This award honors dedication and commitment to the field of health and well-being and acknowledges the recipients as researchers of the year for outstanding achievements.

Kerry is most passionate about bringing her work and her time to local communities and is involved in a variety of regional non-profits. She recently co-founded a charitable giving organization in her town.

**---End of show notes ---**

## **Social Media Posts for Day of Release:**

### **Facebook**

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## **LinkedIn**

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## **Twitter**

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