

## **CBC Advanced Training Course**

### **Module: Changing Behaviour in Systems**

Behaviour is heavily influenced by context and the systems within which it is embedded. Greater understanding of how systems operate to influence behaviour can enhance the effectiveness of behaviour change interventions.

This module will draw together principles of behaviour change and systems thinking to address behavioural problems within systems such as organisations and communities.

Participants will be introduced to the principles of understanding behaviour in systems and how to describe and analyse this using the methodology of behavioural systems mapping.

#### **Course Content**

Participants will learn about:

- Characteristics of systems, including the role of feedback loops and behaviours
- Behavioural approaches to systems change
- Representing the role of behaviour in systems maps
- Using systems thinking in the development of behaviour change interventions

#### **Learning Outcomes**

By the end of the course participants should be able to:

- Describe the characteristics of systems
- Describe systems in terms of actors, behaviours, and influences on behaviour
- Identify how the components of a system influence each other
- Create a behavioural system map
- Use behaviour to bring about change in systems

#### **Module Leads**

Dr Paul Chadwick, Dr Jo Hale and Professor Susan Michie