

Press Release

For Immediate Release

5th January 2010

Maidenhead, UK

Having trouble with keeping up with your New Year resolutions!

Many of us make great New Year resolutions at the beginning of the year. Even before we have gone into February, many fail to keep up with their resolutions.

Happy New Year!

By now you will have decided on your New Year resolutions and, possibly, even had time to forget them or to deviate from them. Resolutions, as we all know, have a nasty habit of being entirely impressive but fail to be translated into practice. There is what you resolved to do, what you actually did do (or did not do) and the difference between the two! The question is why is there so often a gap between the resolution and its successful implementation?

Resolutions fall into two categories. Those that are a good idea but we don't really want to implement them and those that are a good idea and we really, really do want to implement them. Needless to say, the first sort of resolution is particularly prone to failure but Peter Honey; founder of Peter Honey Publications Ltd says "a simple way to bolster even half-hearted resolutions is to go public with them".

Peter explains how he makes his New Year resolutions, "I make clandestine ones that only I know about, I am far more likely to fail then if I tell significant people in advance what I am going to do. Many years ago, for example, when I first resolved to keep a learning log, if I'm honest, I was half-hearted. I knew it was a good thing to do but didn't relish investing the time and energy it would take. So I soon became a lapsed learning log keeper. Eventually, stricken with guilt and disgusted at my failure, I reviewed the situation and decided I had made two mistakes. Firstly, I had been too ambitious in committing myself to a daily learning log entry (I throttled it back to a more reasonable three per week). Secondly, I had given myself too much take-it-or-leave-it discretion with no inconvenient consequences if I left it. I therefore told a number of colleagues that I was going to produce at least three learning log entries each week and instigated a follow-up system. The whole thing was instantly easier to sustain once I had made my commitment public".

Peter believes that making your resolutions ensure that they are:

L for Limited

Have a maximum of three resolutions

E for Exact

Each resolution should be specific, with i's dotted and t's crossed

- A** for Appropriate Each resolution should dovetail with your needs
- R** for Realistic Resolutions should be feasible taking account of all constraints/circumstances
- N** for Now The best resolutions start immediately without a wait before implementation.

Peter's learning resolutions for this 2010 are:

- Learning resolution 1: To keep up my learning log routine (minimum of three written entries per week)
- Learning resolution 2: Each week to take one lesson learned and ask 'In how many ways could I apply this learning?'
- Learning resolution 3: Each month to pose the question 'What have I learned about how I and others learn?'

For further information on the extensive range of learning, training and development questionnaires, booklets and manuals by Peter Honey Publications, please visit www.peterhoney.com

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Company Profile:

Peter Honey Publications Ltd was founded by Dr Peter Honey – a leading guru on learning and behaviour and their impact peoples' performance in the work place. He is a prolific author, consultant and speaker.

The company publishes a range of resources to help individuals, teams and organisations make learning a priority. Products include online self-assessment questionnaires, booklets for learners and manuals for trainers. The best known product is the Honey and Mumford "Learning Styles Questionnaire" which was first published in 1982.

All the products are used globally with core markets in the UK, US, Australia and Europe. Customers include Blue Chip Companies, Local Councils, Universities, over 100 NHS Trusts and many training consultants and executive coaches as well as individual learners and students.

Our mission at Peter Honey Publications is to create success through learning. Learning, the most important of all human capabilities, will never become obsolete. Continuous learning is the key to sustained innovation and competitiveness.

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