



A program focusing on habits, tools and tips that can maximize your willpower and give you access to getting everything you want out of work and life!

According to the American Psychological Association's Stress in America Survey, a majority of people cite the lack of 'willpower' as the No. 1 reason for the inability to make the changes needed to achieve something they wanted or needed.. We have all Pulled the Chicken Switch when it comes to following through on things we say are important to us.

When you don't do what you say, when you give up or just cave, this behavior is called, Pulling the Chicken Switch. Pulling the Chicken Switch can be avoided. Sometimes we pull it knowingly, other times we trigger it subconsciously. To not Pull the Chicken Switch takes willpower. If you understand that willpower is a product of what you believe, while managing your physiological and psychological systems, you can fend off Pulling the Chicken Switch and get everything you want out of your work life and your personal life.



As a sales executive and learning and development director, Kit Allowitz has worked for two decades with senior management, leaders, employees and individuals to tap into the willpower needed to achieve their professional and personal goals.

An avid Ironman Triathlete, ultra-marathoner and marathon competitor, Kit lives, trains and works in the Uinta Mountains of Utah.

FOR WAYS TO MAXIMIZE YOUR WILLPOWER VISIT
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