

# Westport Library Presents



## The Power of Habits: Small Changes, Big Results



In this engaging 30-minute session, we'll explore the transformative ideas from James Clear's bestselling book, *Atomic Habits*. Learn how tiny, consistent changes in your daily routine can lead to remarkable long-term results. We'll break down the Four Laws of Behavior Change and offer practical strategies to build good habits, break bad ones, and harness the power of incremental progress. Ideal for anyone looking to improve their productivity, health, or personal growth, this session offers actionable insights you can apply immediately.

**Tuesday**  
**June 24, 2025**  
**7pm**

Free  
\$20 suggested donation  
to support the library

Michelle St. Onge is the founder of Catalyst Professional Consulting, a firm that specializes in one-on-one coaching for individuals navigating life transitions, including college admissions, career changes, and personal challenges. With a background in counseling, college admissions, and international student recruitment, Michelle is passionate about helping clients uncover their true potential and achieve meaningful goals. The Mother of two grown and flown college students, Michelle is known for her positive outlook and deep commitment to supporting personal growth. Michelle offers a compassionate, customized approach to guiding clients through pivotal moments in their lives.

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