



Arrival Fallacy

When attaining a goal is immediately followed by a feeling of emptiness and pressure to embark on another one, you may have fallen into a cycle driven by the arrival fallacy. This session covers what arrival fallacy is, what causes it, and six strategies for addressing arrival fallacy.

Topics

- What is arrival fallacy?
- How does arrival fallacy affect us?
- Why we fall prey to the arrival fallacy
- Strategies for overcoming arrival fallacy

Outcomes

- Allows participants an opportunity to better understand how arrival fallacy can work both for and against their desired goals
- Creates sustainable strategies for making informed decisions about their career and life

Delivery Format

This session can be delivered as a one hour learning session, as part of a "salon session" involving small group discussions where participants can share their experiences and support one another as they design their strategies for change.