Education is commonly used when there is a gap related to knowledge or to support habit formation. It can also be used to help motivate staff/residents to perform a behavior/practice.

*Education is a strategy that is often used, it can turn into the “go to” strategy to address all gaps*

**CAPABILITY**

Refers to the attributes and abilities that an individual has in order to perform a task or achieve a goal. These attributes can be broken down into four categories: knowledge, skills, memory and decision processes, and habits!

**MOTIVATION**

Motivation concepts can create an environment that fosters learning and encourages learners to reach their full potential. By promoting a sense of self-efficacy, emphasizing the importance of social roles, helping students see the positive consequences of their actions, and fostering optimism

**OPPORTUNITY**

- Environmental Context / Resources
- Social Influences (Influenced by others)