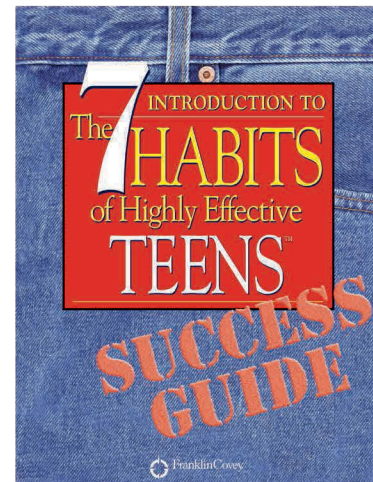# LeaderinMe®

The 7 Habits of Highly Effective Teens
Workshop Overview

This course is about real-world leadership tools for solving real-world challenges.

Based on The 7 Habits of Highly Effective Teens as a foundation, this workshop teaches skills and principles that help prepare students for life.

- **Principles of Effectiveness**
  - Foundational paradigms and models
- **Habit 1: Be Proactive**
  - Resilience and responsibility.
- **Habit 2: Begin With the End in Mind**
  - Purpose and goals in life
- **Habit 3: Put First Things First**
  - Prioritize the most important things
- **Habit 4: Think Win-WIn**
  - Mutual respect and benefit
- **Habit 5: Seek First to Understand, Then to Be Understood**
  - Empathic communication
- **Habit 6: Synergize**
  - Creative cooperation and Third Alternatives
- **Habit 7: Sharpen the Saw**
  - Renewal and wellness

The 7 Habits of Highly Effective Teens Workshop, based on the best-selling book of the same name by Sean Covey and No.1 best-selling business book of *The 7 Habits of Highly Effective People®* by Dr Stephen R. Covey, gives young people a set of proven tools to deal successfully with real life. The habits build upon each other and foster behavioral change and improvement from the inside out.

The workshop empowers youth to:

- Develop 21st century skills
- Gain greater control of their lives
- Improve relationships with family and friends
- Increase confidence and self-esteem
- Be responsible
- Define their values and what matters most to them
- Recognize and prioritize their goals
- Resist peer pressure
- Improve academic performance

The 7 Habits of Highly Effective Teens is a 12-hour workshop, combining award-winning videos, group activities, self-reflection activities and group discussions. The workshop will be run by a FranklinCovey certified trainer on Aug 1-3, 2023 from 9 a.m. to 1p.m. Participants with attendance over 75% will be awarded a certificate from FranklinCovey.

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