



## SECONDARY STUDENTS

高效能青少年的  
7 個習慣課程

The 7 Habits  
of Highly  
Effective  
Teens  
Curriculum



中學生  
領袖培訓班

Student  
Leaders  
Workshop



執行力的修煉  
工作坊

The 4  
Disciplines of  
Execution for  
Teens



中學生成長系列:  
前途 領導 升學 就業

Leadership Series  
Workshop:

- Life Readiness
- Leadership Readiness
- College Readiness
- Career Readiness



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for more info visit  
[www.hkacademyofleadership.com](http://www.hkacademyofleadership.com)

# SECONDARY STUDENTS

## 高效能青少年的 7個習慣課程

The 7 Habits of  
Highly Effective  
Teens Curriculum



\* total 12 hours

基於永恆的原則，學生會學習主動積極、設定目標、時間管理、溝通技巧和有效的團隊合作等必要的技能。通過互動式活動，增強學生的自信心、韌性和領導能力。青少年裝備好自己，讓他們有信心面對在學校和未來的成長中遇到的種種問題。

Based on timeless principles, this course equips young people with essential skills such as goal setting, time management, and effective communication. Through interactive workshops and engaging activities, students will develop self-confidence, resilience, and leadership abilities. Give your teenagers the tools they need to excel in school and beyond by enrolling them in this transformative program today.

這個學生領袖工作坊旨在讓年輕、有抱負的領袖生，發揮其領導潛能的能力。學生將學習領袖角色中所需的心態和技能。通過專注和反思自我領導，學生將培養自信心、明確願景、訂立目標和執行策略，使他們能夠充滿自信地激勵他人，引導團隊走向成功。

Young, ambitious individuals are empowered to unlock their full leadership potential. *The Student Leaders Workshop* equips students with the mindset and skills to excel in their roles. Through a focus and reflection on self-leadership, learners will cultivate confidence, vision, and execution, enabling them to inspire and guide others toward success.

## 中學生 領袖培訓班

Student Leaders  
Workshop



\* total 12 hours

## 執行力的修煉 工作坊

The 4 Disciplines of  
Execution for Teens



\* total 2 hours

現今青少年面對種種機會和挑戰，他們要懂得如何取捨，要決定哪些目標才是最重要和如何有效地實現這些目標是不容易的。執行力的修煉工作坊為青少年提供了實用的策略，幫助他們設定和執行目標，讓他們能夠取得卓越的成果。

Teenagers today face a multitude of opportunities and challenges. It can be overwhelming to determine which goals are the most important and how to effectively pursue them. *The 4 Disciplines of Execution* workshop equips teens with practical strategies for goal setting and execution, empowering them to achieve remarkable results.

**成長系列工作坊** 為青少年建立自信心、抗壓力和領導技能。這個工作坊專注於升學、前途和生活準備技能，為青少年提供了一個寶貴的機會，讓他們學習實現未來目標中所需的工具和技能，掌握成功的要訣。

*The Leadership Series Workshop* provides the essential foundation for young people to develop confidence, resiliency, and leadership skills. With a focus on university, career, and life-readiness skills, this workshop provides a valuable opportunity for teenagers to master the practical tools and strategies needed to thrive in their future goals.

## 中學生成長系列： 前途，領導，升學，就業

Leadership Series  
Workshop:

- Life Readiness
- Leadership Readiness
- College Readiness
- Career Readiness



\* 6 hours each

Hong Kong Academy of

LEADERSHIP



FranklinCovey

INTERNATIONAL  
EDUCATION



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