



The Seven Habits of Highly Effective People

Guiding Thought

The Seven Habits is a principle-centered, character-based, inside-out approach to personal and interpersonal effectiveness.

Purpose of the Session

This highly interactive program is based upon Dr. Stephen Covey's "The Seven Habits of Highly Effective People." The objective of this session is for the participants to learn the Seven Habits through cognitive learning and application exercises. The Seven Habits are based upon a single premise: effective change starts from the inside-out.

Some of the Information Covered in this Program

- Understanding the Maturity Continuum
- Shifting of Paradigms
- Creation of an Emotional Bank Account
- Understanding and applying the 7 Habits

Benefits of the Program

To the Individual

- The creation of a Personal Mission Statement
- Committing to what matters most in their lives
- Creating Win/Win scenarios

To the Company

- Synergy among company employees and departments
- Employees who understand and accept change
- Employees who have pride in themselves and their company

"What lies behind us and what lies before us are tiny matters compared to what lies within us"
Oliver Wendell Holmes

Time Requirements

1 hour overview,
1 day workshop or
3 day workshop

Suggested Audience

Entire Company

Program Position

Sales Rally
Training Sessions