

## **7 Habits of highly effective Teens**

Based on Dr Stephen R Covey's 7 Habits of Highly Effective People, his son, Sean Covey, has developed this engaging workshop for teens. Facilitated by Life College, teens will experience **life-changing principles** in a **fun-filled 3 day workshop** that will empower them to **achieve greater personal effectiveness**.

### **Duration:**

**3 Days**

### **Workshop Themes:**

#### **The 7 Habits:**

1. Be Proactive
2. Begin with the End in Mind
3. Put First Things First
4. Think Win-Win
5. Seek First to Understand, Then to be Understood
6. Synergise
7. Sharpen the Saw

### **At the end of the workshop you will:**

1. Identify the attitudes and behaviours required to gain greater control of your life
2. Identify the principles to improve your relationships
3. Recognise the mindset to increase your self-confidence and self-esteem
4. Know how to make smarter decisions
5. Define what matters to you
6. Recognise and prioritise goals
7. Build a plan to find balance between school, work, friends, and everything else