7 Habits of Highly Effective People Leadership Training

Day 1 Introduction What is a habit?

Exercise: Thinking about your habits

Consider the 7 habits of Highly Effective People

Happiness Chemicals and Habits

Day 2 Habit #7 Sharpen the Saw Taking Care of yourself

Body

Brain

Heart

Soul

Day 3 Paradigms & Principles What is a Pardigm?

Being Principle (VALUE) Centered and Why?

Exercise: What you’re your Principles/Values

you want to centre your life around?

Sharpen the Saw

Day 4 Personal Bank Account If you want to change the world begin with yourself

Exercise: Bank Account Ledger

Sharpen the Saw

PERSONAL VICTORY HABITS

Day 5 Habit #1: Be Proactive Attitude

Circle of Control

Pause Button

Exercise: Self-Awarness, Conscience, Imagination

Willpower

Sharpen the Saw

Day 6 Habit #2: Begin with the End in Mind Discussing Mission Statements

Exercise: The Great Discover Questions

Creating a Personal Mission Statement

Sharpen the Saw

Day 7 Habit # 3: Put First Things First Urgency/Importance Quadrants

Big Rocks –Little Rocks

Roles in Life

Facing Fears

Exercise: Day Planner

Sharpen the Saw

PUBLIC VICTORY HABITS

Day 8 The Relationship Bank Account Broken Promises

Small Acts of Kindness

Listening, Apologizing, Clear Expectations

Exercise: Relationship Balance Sheets

Sharpen the Saw

Day 9 Habit #4: Think Win/Win Win/Lose Totem Pole

Lose/Lose Doormat

Lose/Lose Downward Spiral

Win/Win All you can eat buffet

Competition in Style

Exercise: Scenarios🡪 Win/Win

Sharpen the Saw

Day 11 Habit #5: Seek First to Understand Listening Styles: Poor to Genuine

Then to be Understood Exercise: In their shoes

Sharpen the Saw

Day 12 Habit #6: Synergize Strength in Diversity

Exercise: Discover your differences

* Miers Briggs, STAR
* Teamwork –who can you count on

Sharpen the Saw

Day 13 Habit #8 😊