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

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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

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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 😊