

Life Readiness

The 7 Habits of Highly Effective Teens Course

Would you like your teenager to learn valuable life skills and develop positive habits? Sean Covey's best-selling book, **The 7 Habits of Highly Effective Teens** is a two day CPD certified course



"I have learnt to communicate a lot more effectively. I can now listen to other people's point of view empathetically and resolve situations with a Win-Win outcome."
Elsa Aged 16

"My son is a lot calmer and is more proactive with his schoolwork since the 7 Habits course."
Kirsty (Parent)

CPD
MEMBER
The CPD Certification Service
Collective Mark



Recognising ineffective teen behaviour
using the 7 Habits language.

*Do any of these look familiar?
Are you concerned about some of these
behaviours sticking?*

The 7 Habits Of Highly *Ineffective* Teenagers

What *Ineffective* Teenagers Tend To Do

Habit 1: Be Reactive

Take no responsibility for their lives
– blame others for what they do.

Overreact

to situations and
blame everyone else – learn how to
be a victim.

Habit 2: Begin with No End in Mind

Don't ever plan ahead or consider how
they want a situation to turn out.

Make rash decisions, follow the crowd,
lack focus and motivation.

Habit 3: Put First things Last

Procrastinate – Do important things last.

Waste time,

get stressed, lose
confidence in themselves, become
demotivated.

Habit 4: Think Win - Lose

Either have an 'only I can win' attitude or
become a doormat.

Make self-centred decisions and upset
friends and family, or become a 'people
pleaser' discarding their own self-worth.

Habit 5: Seek First to Talk, Then Pretend

to Listen. 'Yes but...' response, listening
only to reply & talking over others.

Space out whilst pretending to listen
and giving judgemental or half-hearted
advice. Often trying to one-up someone.

Habit 6: Don't Cooperate

Working together is just a hassle, better off
doing it myself or getting someone else to
do the work.

They **isolate themselves**, unable to
tolerate differences or compromise.
Their way or no way.

Habit 7: Wear themselves out

Run themselves into the ground.

Don't look after their health and well-being.
For example, going to **bed too late**, eating
unhealthy food, not spending time with
friends or family and or relaxing.

**Repetitive behaviour becomes a Habit.
Learn how to replace an ineffective habit by
practising effective behaviour**

Wouldn't any parent prefer their teen to display these more effective habits?
Would it help both parent and teen with everyday life?



The 7 Habits of Highly *Effective* Teenagers

What *Effective* Teenagers tend to do

Habit 1: Be Proactive

Take responsibility for their lives.

Pause and Think before they respond.
Learn to focus their time and energy on things they can control.

Habit 2: Begin with the End in Mind

Plan ahead – Think about how they want their lives to be.

Consider outcomes, **plan, visualise and set goals**, reflect on their core values.

Habit 3: Put First things First

Prioritise and do the most important things first.

Be **organised**, plan their time. Take control and feel less stressed. Recognise what is most important and make time for it.

Habit 4: Think Win-Win

Have an 'everyone can win' attitude.

Find a balance between **meeting their needs** and the needs of others.

Habit 5: Seek First to Understand, then to be Understood

Listen to people sincerely and communicate clearly.

Respect and value all people by genuinely listening with their eyes, heart and ears.

Habit 6: Synergise

Work together to achieve more.

Celebrate people's differences.
The by-product of teamwork is not only success, but builds lasting friendships too.

Habit 7: Sharpen the Saw

Renew themselves regularly.

Look after both their physical and mental health. Find **balance** between school, work, friends, family and everything else.

Course Details and Options

Franklin Covey is the world leader in helping people achieve results that have lasting changes in personal behaviour.

We provide award-winning and CPD certified content, courses, tools and thought leadership, all based on a foundation of unshakeable principles and proven practices.

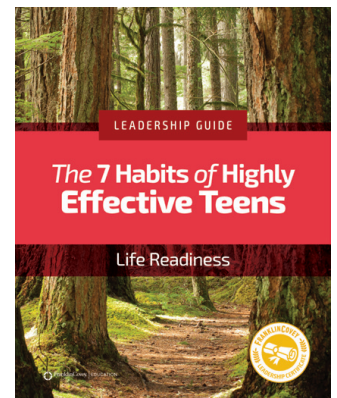


The 7 Habits of Highly Effective Teens Two Day Course

This professional course utilises interactive tasks, inspirational videos, discussion and topics. Teens will be taken through **The 7 Habits** as they learn how to gain greater control of their lives.

The course will help your teen become life ready:

- Increase their confidence
- Enhance their self-awareness
- Be more proactive
- Improve communication skills
- Manage their time effectively
- Enhance relationships with others



Costs

The 7 Habits of Highly Effective Teens Two Day Course is **£159.95**
This price includes access to The 7 Habits of Highly Effective Teens Online Course.

Dates and Locations

7th and 8th August
10am-4pm

The German School
Douglas House, Petersham Road, Richmond TW10 7AH

22nd and 23rd August
10am-4pm

Danes Hill School
Leatherhead Road, Oxshott KT22 0JG

29th and 30th August
10am-4pm

Imber Court
Ember Lane, East Molesey KT8 0BT



Your certificate will be emailed to you upon completion of the course. Added credibility to anyone's CV, college or university applications as the 7 Habits are highly regarded by global corporations and UK businesses.