

# 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.

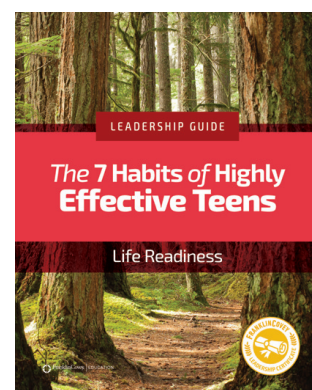


## The 7 Habits of Highly Effective Teens Two Day Course

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 **£149.95**  
*This price includes access to The 7 Habits of Highly Effective Teens Online Course.*

## Dates and Locations

26th and 27th July  
10am-4pm

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

7th and 8th August  
10am-4pm

**Guildford County School**  
Farnham Road, Guildford GU2 4LU

23rd and 24th 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.