



# Introduction to The **7** HABITS of Highly Effective TEENS

## Timeless Training for the Teenage Years

Life for teens today is no longer a playground.

It's a jungle out there, with tough choices, peer pressure, personal insecurities, and anxiety about what others think. Then consider feelings of depression, inferiority, and jealousy of others' successes, plus self-destructive behaviors such as pornography, vandalism, and gangs.

*Introduction to The 7 Habits of Highly Effective Teens*® workshop from FranklinCovey, based on the best-selling book of the same name by Sean Covey and the No. 1 best-selling business book *The 7 Habits of Highly Effective People* by Stephen R. Covey, gives young people a set of proven tools to deal successfully with real life. The training is a means for educators, administrators, and superintendents to help improve student performance; reduce conflicts; and to enhance cooperation and teamwork among parents, teens, and teachers.

## Characteristics of Happy, Successful Teens

The 7 Habits of Highly Effective Teens are essentially seven characteristics that happy and successful teens the world over have in common. Habits 1, 2, and 3 deal with self-mastery, called the "private victory." Habits 4, 5, and 6 deal with relationships and teamwork, or the "public victory." The last habit, Habit 7, is the habit of renewal. It feeds all the other six habits.

The training provides students with a step-by-step framework for boosting self-image, building friendships, resisting peer pressure, achieving goals, improving communication and relationships with parents, and much more. The habits build upon each other and foster behavioral change and improvement from the inside out.

**Habit 1: Be Proactive**®

*Take responsibility for your life.*

**Habit 2: Begin with the End in Mind**®

*Define your mission and goals in life.*

**Habit 3: Put First Things First**®

*Prioritize, and do the most important things first.*

**Habit 4: Think Win-Win**®

*Have an "everyone-can-win" attitude.*

**Habit 5: Seek First to Understand,  
Then to Be Understood**®

*Listen to people sincerely.*

**Habit 6: Synergize**®

*Work together to achieve more.*

**Habit 7: Sharpen the Saw**®

*Renew yourself regularly.*

## The 7 Habits of Highly Effective Teens Workshop Can Help Youth

- Gain greater control of their lives.
- Improve relationships with family and friends.
- Increase self confidence and self-esteem.
- Make smarter decisions.
- Define their values and what matters most to them.
- Recognize and prioritize their goals.
- Find balance between school, work, friends, and everything else.

“You’ll be amazed at the results a few small changes can bring. Gradually, you’ll increase in confidence, you’ll feel happier, you’ll get high ‘naturally,’ your goals will become realities, your relationships will improve, and you’ll feel at peace. It all begins with a single step.”

Sean Covey  
The 7 Habits of Highly Effective Teens



## Workshop Options

### One-Day Workshop

Introduction to The 7 Habits of Highly Effective Teens training can be presented as a one-day workshop in two different formats:

- **Habits 1–7 and Agenda Use** —Participants discover the “private victory” habits as well as the “public victory” Habits 4, 5, and 6 that deal with relationships and teamwork, plus Habit 7, the habit of renewal.
- **Habits 1–3 and Agenda Use** —Participants learn the “private victory” habits of self-mastery and how to use their agenda or personal organizer of choice to manage their lives and improve performance.

### In-Depth Course

The Ultimate Activity Guide, with more than 200 individual and group activities, focuses on the major themes in The 7 Habits for Highly Effective Teens. This program allows participants to delve deeper into each of the habits and apply the concepts to their lives.

The activities provide optimum flexibility for facilitators and educators. They can be presented over the course of a semester, as part of another class, or as individual modules. They also can be presented in a facilitator-instructed format or as a self-paced tutorial for participants.

## Two-Day Certification

Individuals wishing to facilitate Introduction to The 7 Habits of Highly Effective Teens who have never experienced The 7 Habits<sup>®</sup> content, can attend a two-day certification workshop hosted by a client organization. This is the easiest, fastest, and most affordable way to certify and gain access to the principles embodied in The 7 Habits.

## Contact Us Today For More Information

Without question, training in The 7 Habits of Highly Effective Teens helps students learn how to apply timeless principles of successful behavior to the tough issues and life-changing decisions they face today. Through this training, youth will be better prepared to stand up for themselves and resist peer pressure, be more goal-oriented, and view life as a positive, meaningful experience.

For more information about The 7 Habits of Highly Effective Teens training, including self-certification and the client-sponsored two-day certification for new facilitators, please call (868) 222-4524 / 7524, or email [franklincovey@lcg.co.tt](mailto:franklincovey@lcg.co.tt). Contact us today.