

# The 7 Habits of Highly Effective Teens™

## 1-Day Foundation for Life Program

Empowering teenagers with proven tools of personal effectiveness to deal successfully with real life.



Knowing the principles of successful behavior prepares you for the life changing decisions you face everyday.

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. In addition, there are the feelings of depression, inferiority, and jealousy of others' successes, plus self-destructive behaviors such as pornography, vandalism, and gangsterism.

It's these issues that *The 7 Habits of Highly Effective Teens™* by FranklinCovey, based on the best-selling book of the same name by Sean Covey, sets out to address—and to empower teenagers to deal successfully with real life through the application of FranklinCovey's proven tools.

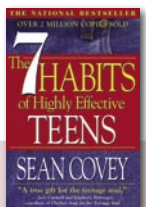
*The 7 Habits of Highly Effective Teens™* gives you a powerful overview of the 7 Habits™ in a language you can relate to. You will discover the time-tested principles of the 7 Habits™ and learn how to apply them to the tough issues and life-changing decisions you face every day.

The program will provide you 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 will foster behavioral change and improvement from the inside out.

The program emphasizes full participation by all participants, and includes humor, anecdotes, videos, real-life scenarios, and relevant interactive exercises—indoors and outdoors. You will thoroughly enjoy the workshop even while you learn, with a newfound belief in your own abilities.

**By experiencing *The 7 Habits of Highly Effective Teens™*, you will acquire the skills to:**

- Gain greater control of your life.
- Define your values and what matters most to you.
- Increase self confidence and self-esteem.
- Improve relationships with family and friends.
- Find balance between school, work, friends, and everything else.
- Recognize and prioritize your goals.
- Get more done in less time.
- Make smarter decisions.
- Overcome addiction.
- Be happy.



This program is based on the best-selling book of the same name by Sean Covey

Private  
Victory

### THE PERSONAL BANK ACCOUNT Starting with the Man in the Mirror

- 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.

Public  
Victory

### THE RELATIONSHIP BANK ACCOUNT Considering Others Around You

- 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.

Renewal

### CARING FOR YOURSELF Taking Time Out to Develop 'Me'

- Habit 7 **Sharpen the Saw®**  
➤ renew yourself regularly.

The  
7 Habits of  
Highly Effective  
Teens™

REGISTRATION  
OR ENQUIRIES

tel  
email Please contact **Ms. Mini** at  
**603-7955 1148 / 7957 6627**  
**mini@franklincoveymalaysia.com**