



THE 7 HABITS of Highly Effective People®

FOR MARRIAGE

Strong marriage builds strong bonds and happy lives

The Challenge

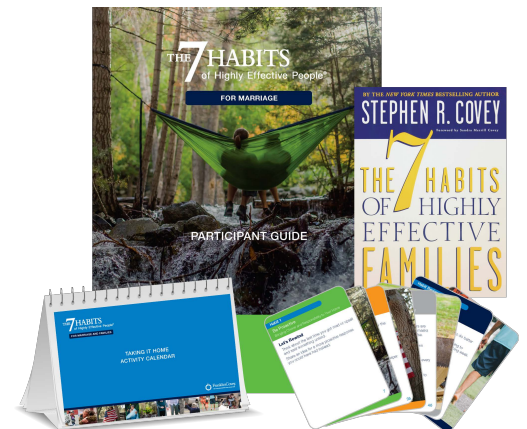
It's no secret that many marriages today are struggling or are in trouble. Being in a military marriage poses a unique set of challenges. Among the normal problems faced by non-military couples, military couples must also deal with the added stress of deployment, re-integration, and relocation.

The Solution

INTRODUCING *THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE FOR MARRIAGE 2.0*

The 7 Habits of Highly Effective People for Marriage 2.0 provides a much needed framework for applying universal, self-evident principles that enable couples to better communicate about their problems and resolve them successfully.

Dr. Stephen R. Covey has noted that a strong marriage doesn't just happen; it requires the combined energy, talent, desire, vision, and dedication of both partners. Through the processes, tools, and skills outlined in *The 7 Habits of Highly Effective People for Marriage 2.0* workshop, couples will be able to gain confidence in their knowledge and ability to strengthen their own relationship.



OBJECTIVES

1. Decide as a couple what each partner wants their marriage to stand for, now and in the future.
2. Prioritize what is most important and put first things first.
3. Seek harmony, appreciate differences, and value strengths.
4. Solve problems through listening for understanding.
5. Find balance and resiliency through marriage renewal and establishing traditions.

The 7 Habits of Highly Effective People for Marriage 2.0 workshop is based on Stephen R. Covey's No. 1 bestsellers: *The 7 Habits of Highly Effective People* and *The 7 Habits of Highly Effective Families*. This engaging marriage-strengthening program has been proven successful with thousands of marriages because it employs a self-discovery, principle-centered approach empowering all kinds of couples in all stages of their lives.

The Process

The 7 Habits of Highly Effective People for Marriage 2.0 workshop consists of 12–14 hours of curriculum that can be taught in a one- or two-day facilitator-led workshop or in two-hour modules. *The 7 Habits of Highly Effective People for Marriage 2.0* follows a reinforced learning process that includes the following:

- A comprehensive and easy-to-read guidebook.
- Award-winning videos.
- Thought-provoking experiential activities.
- A healthy balance of values, principles (character) and skills.
- An interactive, idea-filled planning calendar for building companionships in marriage (optional item for purchase).

Participants will learn how to:

- Build character.
 - Abandon unhealthy behaviors.
 - Change themselves first.
 - Practice forgiveness.
- Build communication.
 - Strengthen problem-solving skills.
 - Resolve conflict successfully.
 - Learn speaker-listener skills.
 - Strengthen companionship.
- Build on strengths.
 - Deepen friendship and intimacy.
 - Nurture companionship.

Core Competencies

Habit 1: Be Proactive®

- Take initiative.
- Understand how being proactive helps build trust in marriage.
- React less, take responsibility for their actions, and make better choices based on their values.

Habit 2: Begin With the End in Mind®

- Define what is most meaningful to both partners.
- Create a marriage mission statement.
- Understand the benefits of having a marriage plan.

Habit 3: Put First Things First®

- Define what it means to put first things first.
- Identify ways to prioritize individually and in their marriage.
- Use an idea-filled “marriage calendar” to plan and schedule fun bonding activities.

Habit 4: Think Win–Win®

- Think in terms of mutual benefit.
- Recognize the importance of building on strengths, not weaknesses.

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

- Seek first to listen with the intent to understand the thoughts and feelings of each other.
- Communicate your understanding of each other.
- Overcome communication pitfalls.

Habit 6: Synergize®

- Identify the steps to synergy and the role it plays in marriage.
- Understand the importance of valuing each other and working together in the relationship.
- Appreciate and celebrate both strengths and differences.

Habit 7: Sharpen the Saw®

- Identify how to sharpen the saw individually and in marriage.
- Apply continuous improvement.
- Seek lifelong learning.
- Build resiliency through renewal.

“If you want to have a happy marriage, be the kind of person who generates positive energy and sidesteps negative energy rather than empowering it.”

—Dr. Stephen R. Covey

**For more information, please call
888-868-1776.**