



# THE 7 HABITS of Highly Effective People®

FOR SOLDIERS

## How do Soldiers build resiliency and highly effective life skills?

### The Challenge

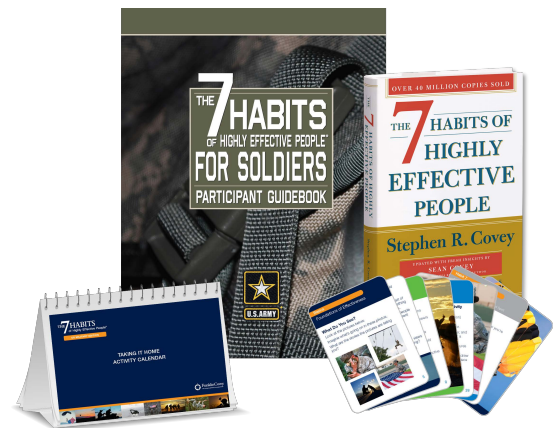
Being a member of the armed forces can pose a unique set of challenges. In addition to the routine difficulties of life that all people face, Soldiers must also deal with the stress of deployment, separation from friends and family, and the realities of combat. *Unmanaged stress can potentially lead to high-risk behaviors impacting individual readiness and unit mission success.*

### The Solution

#### INTRODUCING *THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE FOR SOLDIERS 2.0*

*The 7 Habits of Highly Effective People for Soldiers 2.0* provides a holistic, multidisciplinary approach to improve the effectiveness of Soldiers' life skills. The program provides a much-needed framework for applying universal, self-evident principles that enable Soldiers to build resiliency and break down barriers to success. This foundation leads to higher levels of effectiveness as a person, Soldier, family member, and friend.

*The 7 Habits of Highly Effective People for Soldiers 2.0* helps Soldiers change from the inside-out. They'll learn how to more effectively communicate about their problems and resolve them successfully. The workshop empowers Soldiers to resolve work/life imbalances, understand their potential, manage time, increase accountability, and achieve their goals.



#### OUTCOMES/OBJECTIVES

1. Learn how to resolve work/life imbalances.
2. Gain an understanding of their potential and set vision for the future.
3. Identify important goals and more effectively manage time.
4. Improve interpersonal communication skills.
5. Apply universal principles for achieving a balanced life.

Based on the proven principles found in Stephen R. Covey's bestselling business book, *The 7 Habits of Highly Effective People*, this program incorporates thought-provoking experiential activities and a healthy balance of values, principles (character), and skills to help your unit achieve sustained superior results by focusing on making Soldiers and leaders more effective and resilient.

## The Process

*The 7 Habits of Highly Effective People for Soldiers 2.0* workshop consists of 7–12 hours of curriculum that can be taught in a one- or two-day facilitator-led workshop or in two-hour modules. Certification is available for organizations wanting to implement this program in their units. *The 7 Habits of Highly Effective People for Soldiers 2.0* follows a reinforced learning process that includes the following:

- A comprehensive and easy-to-read guidebook.
- Award-winning videos.
- *The 7 Habits of Highly Effective People* monograph.
- *The 7 Habits of Highly Effective People* pocket card.
- 30-Day Sample Planner.
- *The 7 Habits of Highly Effective People* paperback book (optional item for purchase).

### Participants will learn how to:

- Take initiative.
- Define mission, vision, and values.
- Improve interpersonal communication.
- Apply an “Inside-Out Approach” to problem solving and goal creation.
- Resolve differences in work and personal relationships by creatively cooperating together.
- Apply universal principles for achieving a fulfilling life.
- Balance key priorities to establish better work/life balance.

## Core Competencies

### Habit 1: Be Proactive®

- Take initiative.
- React less, take responsibility for their actions and make better choices based on values.
- Choose to stay within their Circle of Influence.

### Habit 2: Begin With the End in Mind®

- Define mission and values.
- Create a vision for the future.
- Set measurable and achievable goals.
- Focus on desired outcomes.

### Habit 3: Put First Things First®

- Focus on most important activities.
- Apply effective planning and time-management skills.
- Use planning tools effectively.

### Habit 4: Think Win–Win®

- Build high-trust relationships.
- Build effective teams.
- Practice conflict-resolution.
- Think in terms of mutual benefit.

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

- Seek first to listen with the intent to understand the thoughts and feelings of others.
- Then seek to effectively communicate own thoughts and feelings.
- Overcome communication pitfalls.
- Communicate viewpoints effectively.

### Habit 6: Synergize®

- Apply effective problem solving.
- Apply collaborative decision-making.
- Value differences and build on strengths.

### Habit 7: Sharpen the Saw®

- Achieve life and work balance.
- Apply continuous improvement.
- Renew, refocus, recharge. Build resiliency through renewal of self.

“Habits are powerful factors in our lives. Because they’re consistent, often unconscious patterns, they constantly, daily express our character and produce our effectiveness... or ineffectiveness.”

—Dr. Stephen R. Covey

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