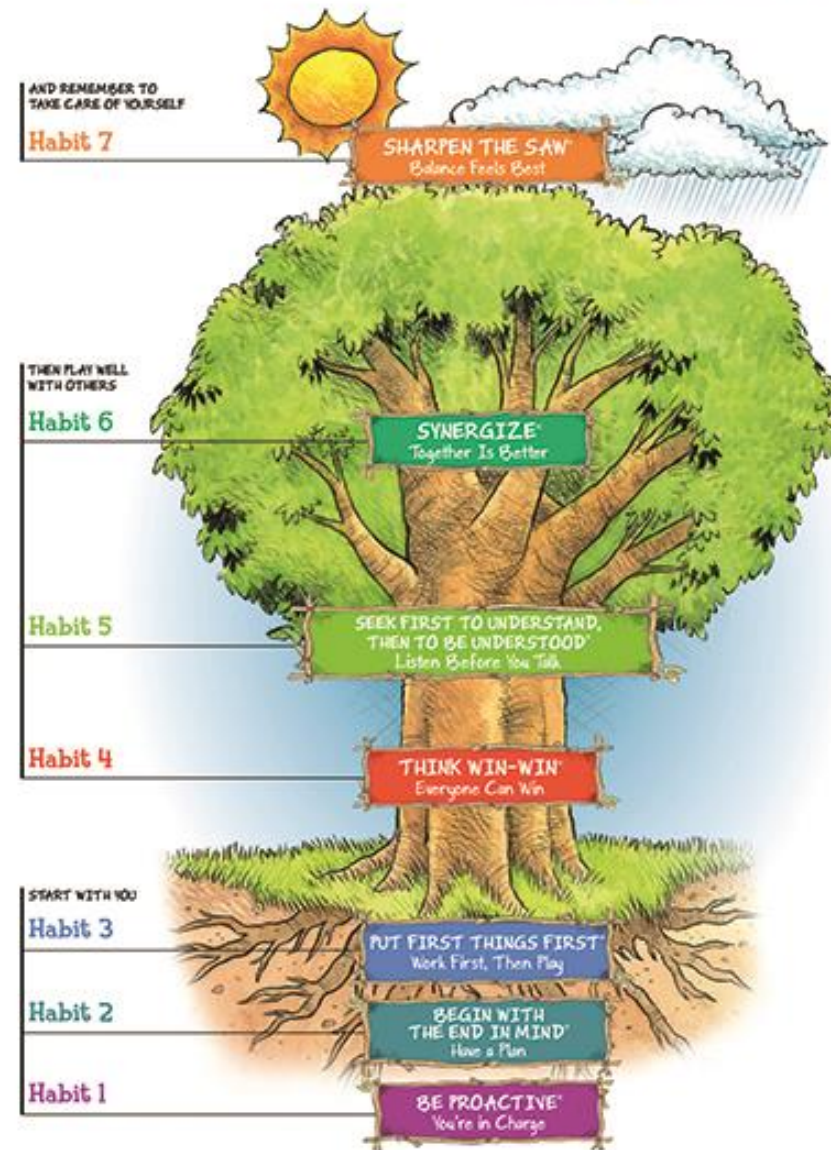


7 Habits of Highly Effective People

Sponsored by Quality Enhancement Support Scheme

Objective : To help student develop career readiness and establish employability through development of general life skills



A life-changing student success course based on timeless principles of personal effectiveness.

The 7 Habits of Highly Effective College Students is a high-impact student success course that benefits and sustains students in college and beyond. Built on the foundation of Stephen R. Covey's worldwide best-seller *The 7 Habits of Highly Effective People*, the course curriculum was authored by Sean Covey and eight other leading academic experts to provide students with the toolset, skillset, and mindset they need to succeed both in college and in the ever-changing global marketplace.

The course delivers a powerful blended learning experience designed to help students gain critical skills including:

- Leadership
- Time management
- Goal achievement
- Communication
- Conflict resolution
- Responsibility and initiative
- Health and wellness

Adopting 7 habits for Highly Effective People to develop general life skill

The 7 Habits of Highly Effective People, first published in 1988, has sold more than 25 million copies in 40 languages worldwide, and remains one of the best selling nonfiction business books in history. *Time* listed *7 Habits* as one of "The 25 Most Influential Business Management Books"

Adopted by Enterprises in HK as core staff training curriculum

Adopted by University overseas as basic life skill training curriculum

The 7 Habits

What Parents, Teachers, and Business Leaders Want

	COMPETENCE	CHARACTER
HABITS 1-3 (INDEPENDENCE)		
Be Proactive Begin With the End in Mind Put First Things First	<ul style="list-style-type: none"> • Goal Setting • Planning • Time Management • Organization 	<ul style="list-style-type: none"> • Initiative • Responsibility • Vision • Integrity
HABITS 4-6 (INTERDEPENDENCE)		
Think Win-Win Seek First to Understand, Then to Be Understood Synergize	<ul style="list-style-type: none"> • Conflict Management • Listening/Empathy • Speaking Skills • Problem Solving • Teamwork 	<ul style="list-style-type: none"> • Respect • Ethics/Manners • Honesty • Openness • Valuing Diversity
HABIT 7 (WHOLE PERSON)		
Sharpen the Saw	<ul style="list-style-type: none"> • Physical Wellness • Social Skills • Mental Skills 	<ul style="list-style-type: none"> • Emotional Stability • Contribution/Meaning • Desire to Learn • Fun

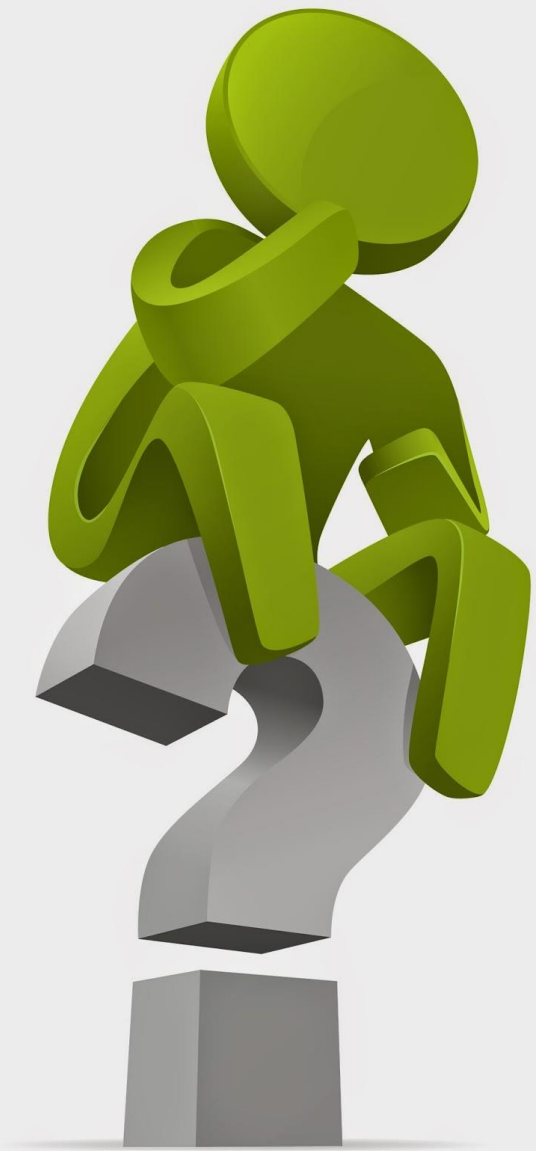
EFFECTIVE PRINCIPLES

HABIT 1 Be Proactive	Responsibility Choice Accountability
HABIT 2 Begin With the End in Mind	Vision Commitment Purpose
HABIT 3 Put First Things First	Focus Integrity Discipline Prioritization
HABIT 4 Think Win-Win	Mutual benefit Fairness Abundance
HABIT 5 Seek First to Understand, Then to Be Understood	Respect Mutual understanding Empathy Courage
HABIT 6 Synergize	Creativity Cooperation Diversity Humility
HABIT 7 Sharpen the Saw	Renewal Continuous improvement Balance

**Due to license agreement, we cannot
share training materials here, please feel
free to contact**

Academy of Leadership

<https://www.hkacademyofleadership.com>



Questions ?

