

Life Readiness

The 7 Habits of Highly Effective Teens Online Course

Would you like your teenager to learn valuable life skills and develop positive habits? Sean Covey's best-selling book, **The 7 Habits of Highly Effective Teens** is now a CPD certified course available online.



"I have learnt to communicate a lot more effectively. I can now listen to other people's point of view empathetically and resolve situations with a Win-Win outcome."
Elsa Aged 16

"My son is a lot calmer and is more proactive with his schoolwork since the 7 Habits course."
Kirsty (Parent)

CPD
MEMBER
The CPD Certification Service
Collective Mark



Recognising ineffective teen behaviour
using the 7 Habits language.

*Do any of these look familiar?
Are you concerned about some of these
behaviours sticking?*

The 7 Habits Of Highly *Ineffective* Teenagers

What *Ineffective* Teenagers Tend To Do

Habit 1: Be Reactive

Take no responsibility for their lives
– blame others for what they do.

Overreact to situations and blame
everyone else – learn how to be a victim.

Habit 2: Begin with No End in Mind

Don't ever plan ahead or consider how they
want a situation to turn out.

Make rash decisions, follow the crowd,
lack focus and motivation.

Habit 3: Put First things Last

Procrastinate – Do important things last.

Waste time, get stressed, lose confidence
in themselves, become demotivated.

Habit 4: Think Win - Lose

Either have an 'only I can win' attitude or
become a doormat.

Make self-centred decisions and upset friends and
family, or become a 'people pleaser' discarding
their own self-worth.

**Habit 5: Seek First to Talk, Then Pretend to
Listen.** 'Yes but..' response, listening only to
reply & talking over others.

Space out whilst pretending to listen and
giving judgemental or half-hearted advice.
Often trying to one-up someone.

Habit 6: Don't Cooperate

Working together is just a hassle,
better off doing it myself or getting
someone else to do the work.

They **isolate themselves**, unable to tolerate
differences or compromise.
Their way or no way.

Habit 7: Wear themselves out

Run themselves into the ground.

Don't look after their health and well-being.
For example, going to **bed too late**, eating
unhealthy food, not spending time with
friends or family and or relaxing.



*Repetitive behaviour becomes a Habit.
Learn how to replace an ineffective habit by
practising effective behaviour*

Wouldn't any parent prefer their teen to display these more effective habits?

Would it help both parent and teen with everyday life?



The 7 Habits of Highly *Effective* Teenagers

What *Effective* Teenagers tend to do

Habit 1: Be Proactive

Take responsibility for their lives.

Pause and Think before they respond.

Learn to focus their time and energy on things they can control.

Habit 2: Begin with the End in Mind

Plan ahead – Think about how they want their lives to be.

Consider outcomes, **plan, visualise and set goals**, reflect on their core values.

Habit 3: Put First things First

Prioritise and do the most important things first.

Be **organised**, plan their time. Take control and feel less stressed. Recognise what is most important and make time for it.

Habit 4: Think Win-Win

Have an 'everyone can win' attitude.

Find a balance between **meeting their needs** and the needs of others.

Habit 5: Seek First to Understand, then to be Understood

Listen to people sincerely and communicate clearly.

Respect and value all people by genuinely listening with their eyes, heart and ears.

Habit 6: Synergise

Work together to achieve more.

Celebrate people's differences. The by-product of teamwork is not only success, but builds lasting friendships too.

Habit 7: Sharpen the Saw

Renew themselves regularly.

Look after both their physical and mental health. Find **balance** between school, work, friends, family and everything else.



Course Details and Options

Franklin Covey is the world leader in helping people achieve results that have lasting changes in personal behaviour.

We provide award-winning and CPD certified content, courses, tools and thought leadership, all based on a foundation of unshakeable principles and proven practices.



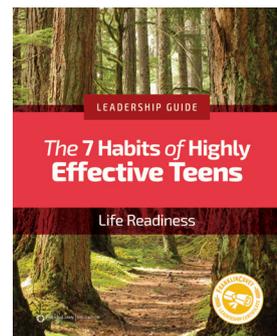
The 7 Habits of Highly Effective Teens Online

This professional online course utilises interactive tasks, inspirational videos and discussion topics. Teens will be taken through 39 self-paced lessons as they learn how to gain greater control of their lives.

We also offer the extra option of a blended learning solution with this course which includes one of our UK course facilitators providing either 3 or 6 1-hour coaching sessions over the phone with your teenager during the course journey for a deeper experience of the course and the 7 Habits.

The course will help your teen become life ready;

- Increase their confidence
- Be more proactive
- Manage their time effectively
- Enhance their self-awareness
- Improve communication skills
- Enhance relationships with others



Costs and Options Available

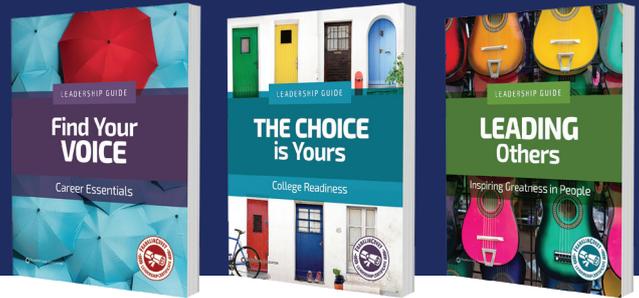
1. The 7 Habits of Highly Effective Teens – online course **£49.95**
2. The 7 Habits of Highly Effective Teens online course with extra 3 x 1-hour personal coaching sessions **£169.95**
3. The 7 Habits of Highly Effective Teens online course with extra 6 x 1-hour personal coaching sessions **£289.95**



Your certificate will be emailed to you upon completion of the course. Added credibility to anyone's CV, college or university applications as the 7 Habits are highly regarded by global corporations and UK businesses.

Additional Personal Development Teen Courses

A further 3 fantastic personal development courses are also available on-line that naturally follow on from The 7 Habits of Highly Effective Teens. These are self-paced and can help teens focus on career, university and deeper leadership life skills.



Available to purchase on our website with certificates upon completion. Costing are per course per person and at the same price at just £49.95

LEADERSHIP 1 Leading Self

- Be Proactive
- Begin With The End In Mind
- Put First Things First
- Think Win-Win
- Seek First To Understand
- Synergize
- Sharpen The Saw
- Build Resilience
- Strengthen Character

LEADERSHIP 2 Career Essentials

- Interview Skills
- CV Writing
- Presentation Skills
- Listening Skills
- Giving/Receiving Feedback
- Take Charge of Wellbeing
- Phone Etiquette
- Digital Etiquette
- Creativity
- Conversations

LEADERSHIP 3 Leading Others

- 4 Roles Of Leadership
- Leading Work Teams
- Mentoring 1-On-1
- Leading Projects
- Pupil Government
- Group Dynamics
- Meeting Management
- Group Decisions
- Leading Families
- Coaching

LEADERSHIP 4 College Readiness

- 4 Disciplines
- College Test Prep
- Prep for College/Life
- Study Skills
- Weekly Planning
- Financial Literacy
- Away from Home
- Roommates
- Taxes
- Community Involvement

7 HABITS

FIND YOUR VOICE

INSPIRE OTHERS

THE NEXT STEP

Family Support for your Teenager

Empowering Teenagers to become more aware of their behaviour, be proactive and take responsibility for their lives, is the end goal of the 7 Habits course. However, there is no doubt that parent input can be highly beneficial in the process. In particular, Parents fully understanding the Habits, using the same language and modelling the behaviour can be so powerful. With that in mind we are also offering the following:

6 X 1 Hour Parent Coaching sessions at a cost of £240 to help parents adopt the 7 Habits within their home and enhance their relationship with their teenager.



The 7 Habits for ages 6 - 11

If you would like to teach the 7 Habits to younger family members, please get in touch and we can send you a **Leader in Me @ Home Brochure**. This is a great way to introduce the habits into your family culture and start younger siblings on the journey.

You can purchase these courses directly by visiting

www.unitededucationgroup.com/onlinecourses

and you will receive your login details within 48 hours. or for more information contact

chantal@unitededucationgroup.com