

“Leadership is communicating people’s worth and potential so clearly that they are inspired to see it themselves”

Stephen Covey

7 Habits of Highly Effective People & The Leader in Me

Learning Outcomes

- Name and explain the 7 Habits of Highly Effective People
- Overview of key concepts
- Be introduced to the Leader in Me Programme
- Understand how the Leader In Me programme benefits our children
- Understand how the Leader in Me is delivered in our school
- Generate ideas for how we can support our children

Exercise

2 Mins

- Can you name any of the 7 habits? Or what do you think they are?
- Any examples your child has shared at home?
- Share with the person next to you

Background & History

- 7 Habits of Highly Effective People – Stephen Covey
 - Written in 1989
 - More than 20 million books sold (published in 38 languages)
 - Based on 200 years of “success literature”
 - We all know and use these concepts – difference is how they are organised & explained
 - A lots of the language around the 7 habits has been introduced into our culture (eg think win-win)
- 7 Habits of Highly Effective People
 - Principle Based Leadership
 - Timeless & self evident truths
 - Made existing leadership principles easier to grasp
 - Whole self “mind, body & soul”
 - The Leaders in Me Programme - started in one school in 1999 - Believes in making every child a leader

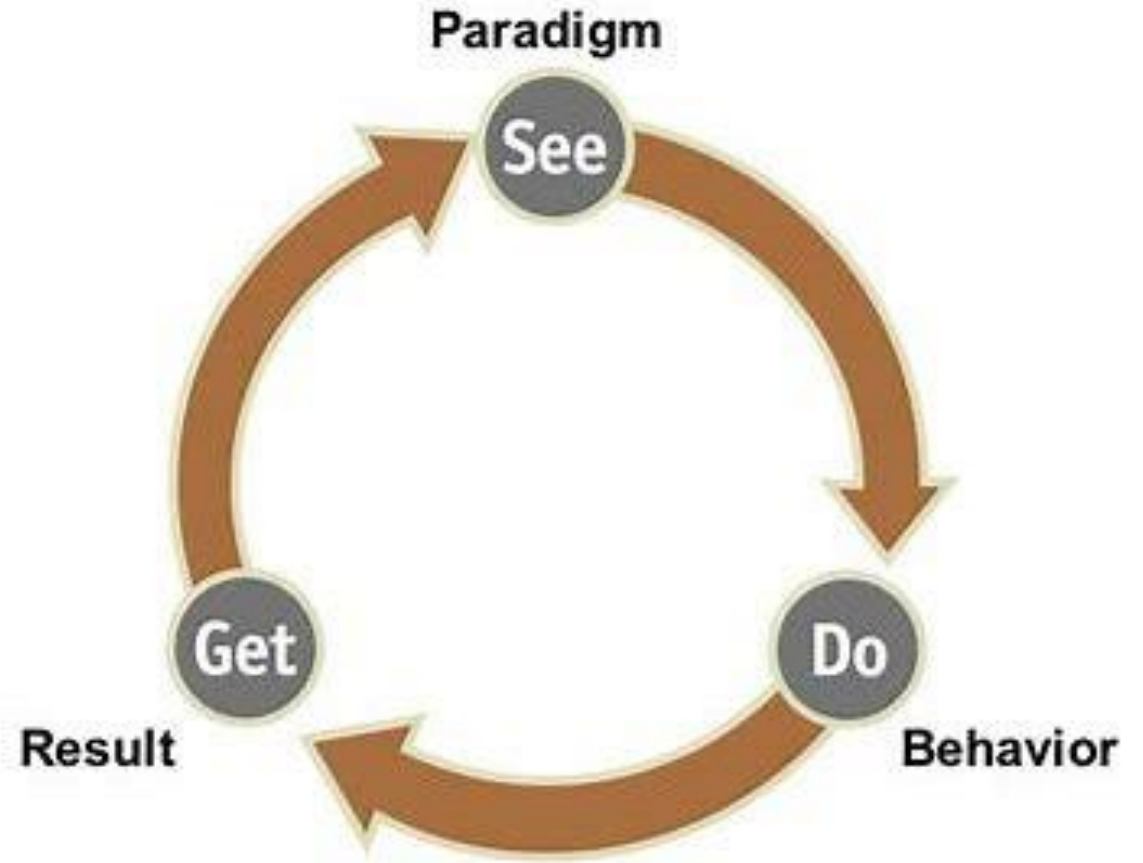
See-Do-Get

Paradigm

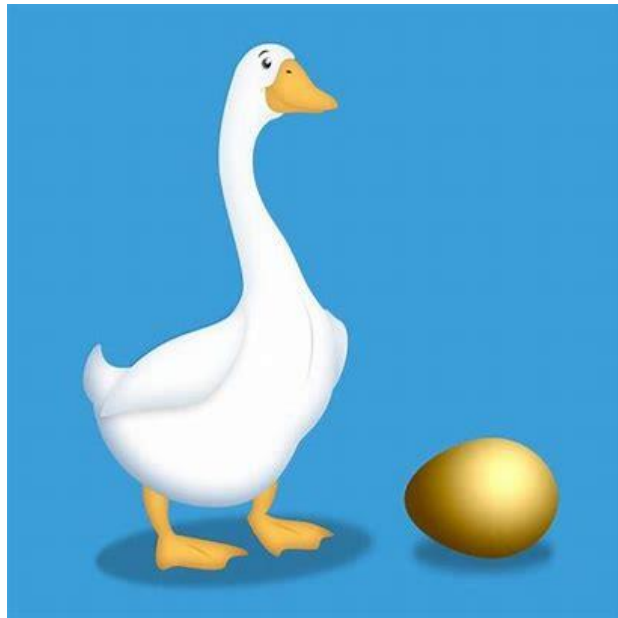
the way we see, understand, and interpret the world; our mental maps

Principles

are self evident natural laws:
Universal, timeless, objective



What is effectiveness?



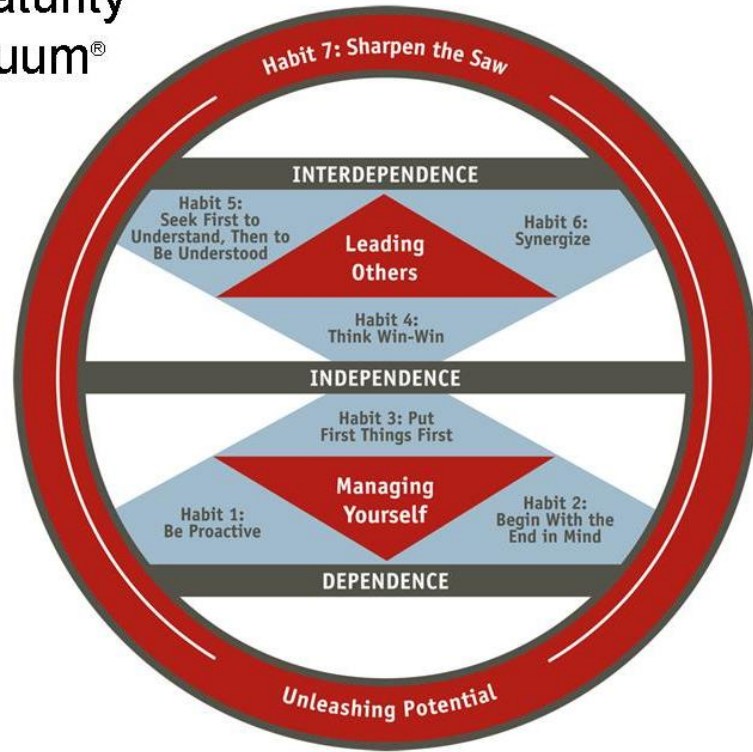
Effectiveness is getting superb results today (production) in a way that allows us to get those results over & over again (production Capability)

Production Capability - The Goose

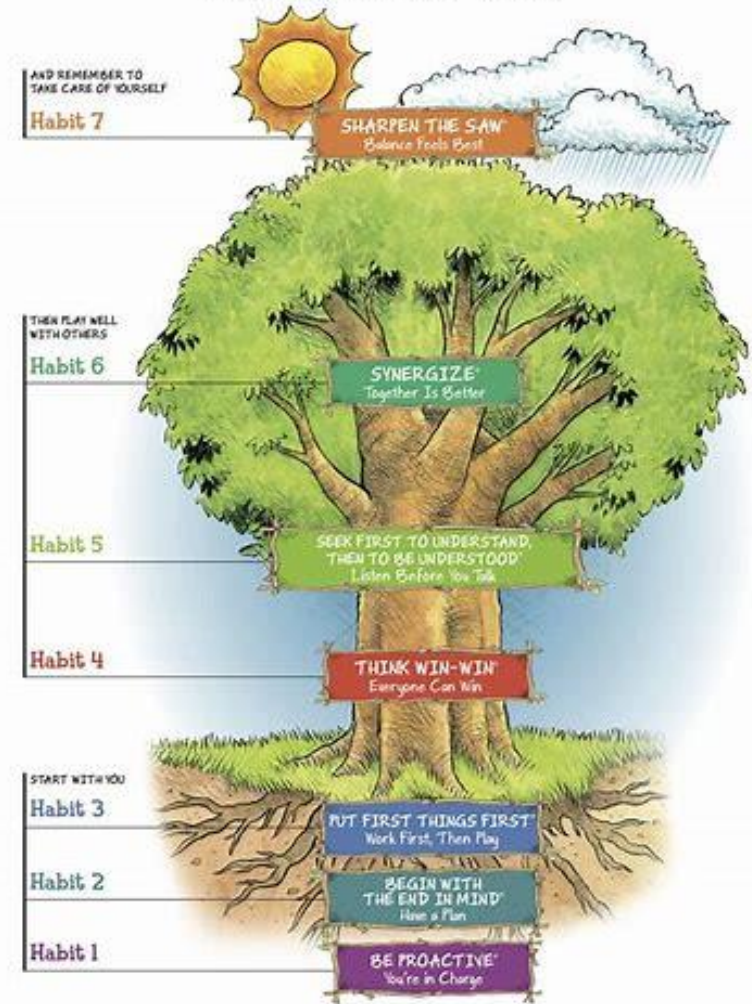
Production – The golden eggs (the desired results)

We must look after ourselves to keep being effective

The Maturity Continuum®



The 7 Habits® Tree



Leader in Me - Paradigms



Not This

Leadership is for the few

Few are gifted

To improve school, the system needs to change

Educators control & direct students learning

Help students achieve academic success

But This

Leadership

Everyone can be a leader

Potential

Everyone has a genius

Change

Starts with me

Motivation

Educators empower students for own learning

Education

Develop the whole person

What is the Leader in Me?

It prepares students with the school, career, and life-readiness skills that are necessary to thrive in today's ever-changing, fast-paced environment. These skills include;

- Critical Thinking
- Creativity
- Self-Discipline
- Vision
- Initiative
- Communication
- Relationship Building
- Goal Achievement
- Public Speaking
- Global Awareness
- Social and Emotional Awareness
- Teamwork
- Listening Skills
- Time Management
- Leading Projects
- Self-Directed Learning
- Valuing Diversity
- Problem Solving



The Leader In Me – Implementation & Benefits

Gives a common language for the teachers, students, parents and carers to use

Holistic, whole-child experience, school & community wide

Develops essential life skills and characteristics students need to thrive

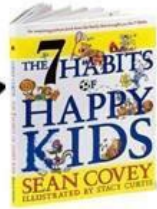
Designed to be integrated into a school's academic core curriculum, this is a simple 'everyday approach' so that this project is not just "one more" thing teachers have to do.

Resources include lesson plans, videos, student activity guides, poster, books, shared learning with other schools

Global Programme: Leader in Me is being implemented by thousands of schools in over 55 countries around the globe

All principles integrate with all customs, religions & beliefs

Habit 1 – Be Proactive



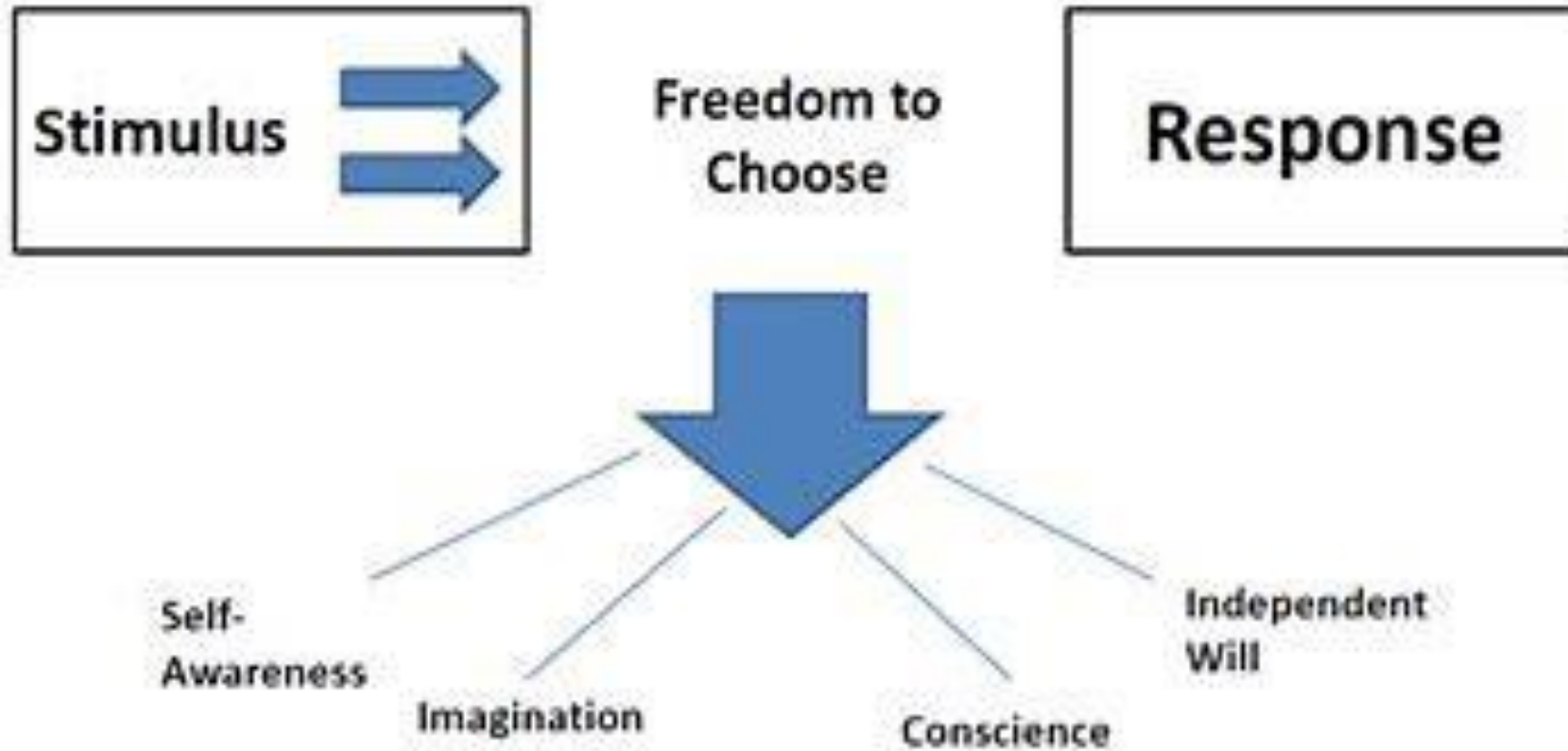
Habit #1 Be Proactive

You're in charge of yourself.

- . I have a "Can Do" attitude and always try my best at everything I do.
- . I follow directions and do the right thing without being asked, even when nobody is looking.
- . I choose my actions, attitudes, and moods and don't blame others for my wrongdoing.



Stimulus -Response

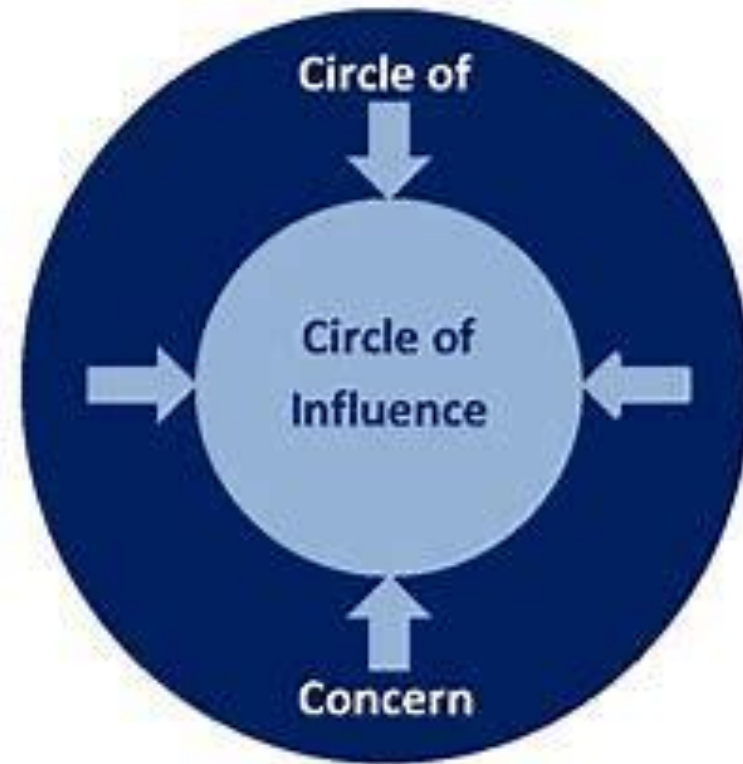


Circle of Influence & Circle of Concern



Proactive Focus

Positive energy enlarges Circle of Influence



Reactive Focus

Negative energy reduces Circle of Influence

Habit 2

Habit #2

Begin With the End in Mind

Have a plan.

- . I plan ahead and set goals for myself.
- . I am prepared at all times.
- . I think about how the choices I make now will affect my future.
- . I think about the positive or negative consequences of my actions before I act.

FINISH



Habit 3

Habit #3

Put First Things First

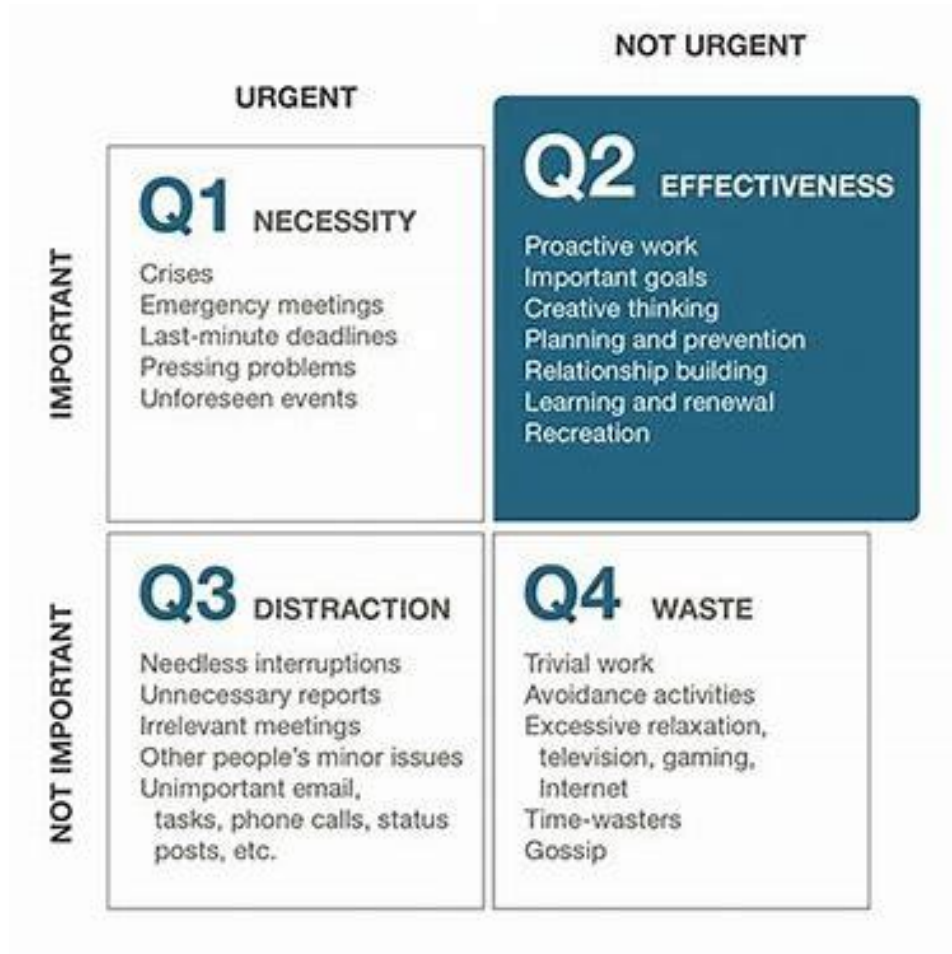
Work first, then play.

- . I do the things that I **HAVE** to do before I get to do the things that I **WANT** to do.
- . I stay focused on what I'm doing and try to minimize distractions if I get off task.
- . I spend my time on the things that are the most important.



Time Matrix

Big Rocks



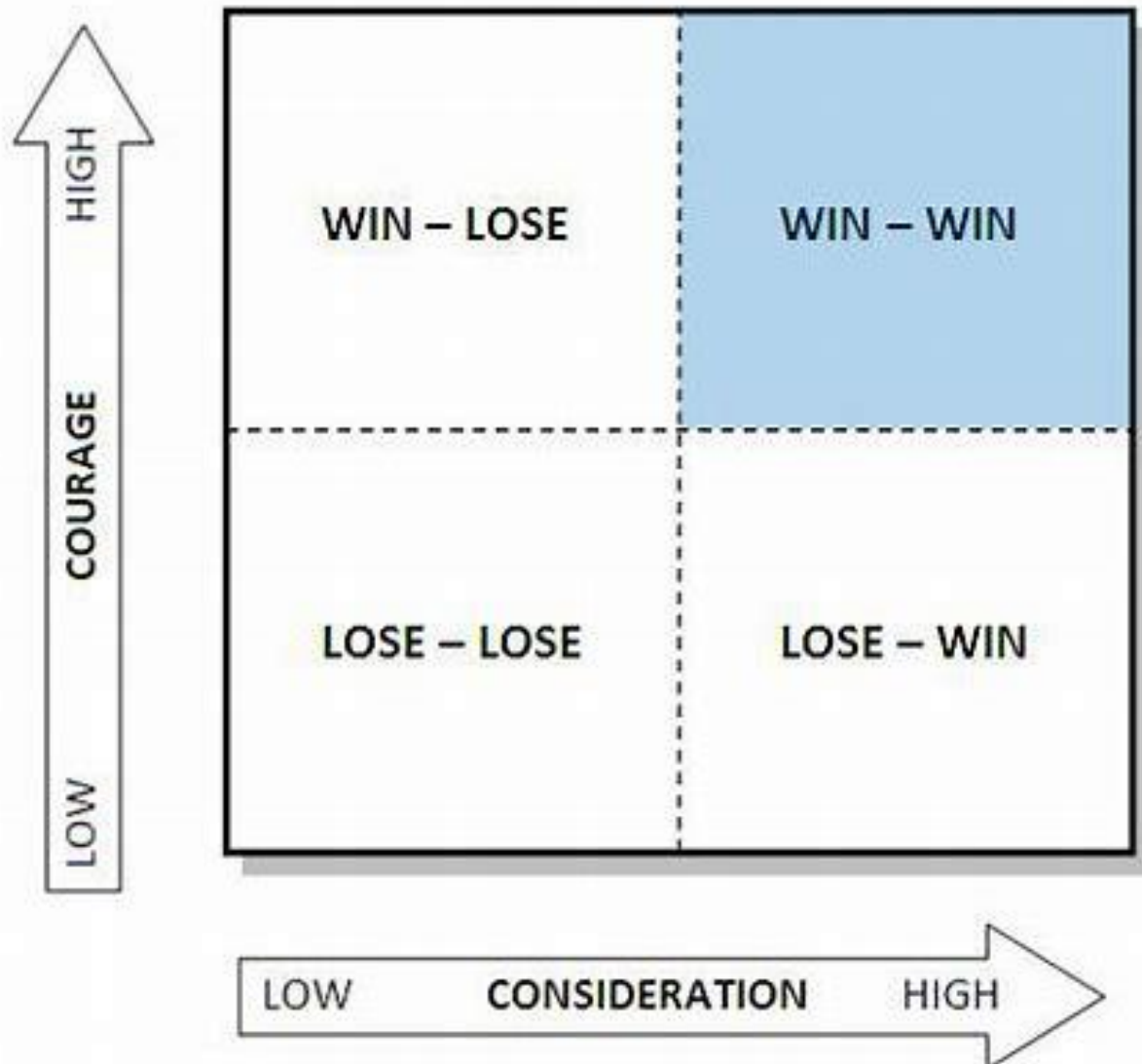
Habit 4

Habit #4 Think Win-Win

Everybody can win.

- . I am a **PROBLEM-SOLVER** when an issue comes up with another person.
- . I think about what other people want and not just what I want.
- . I am kind to others and try to think of ways to help everyone to be happy.





“When one side benefits more than the other, that's a win-lose situation. To the winner it might look like success for a while, but in the long run, it breeds resentment and distrust.”

- DR. STEPHEN R. COVEY

Habit 5

Habit #5

Seek 1st to Understand, Then To Be Understood

Listen before you speak.

- . I listen to others *without interrupting*.
- . I raise my hand when I want to speak and wait patiently to be called on.
- . I don't blurt out.
- . I try to understand other people's views and feelings, even if they are different from my own.



Emotional Bank Account

An emotional bank account is an account of trust instead of money. It's an account based on how safe & happy you feel with another person.

- Understanding the Individual
- Keeping Commitments
- Clarifying Expectations
- Attending to the Little Things
- Showing Personal Integrity
- Apologising When We Make a Withdrawal



Habit 6

Habit #6 Synergize

Together is better.

- . I get along well with other people and work well in groups.
- . I value the strengths of others and allow myself to learn from them.
- . I know that by working together as a team we can get more done and come up with better solutions than we could alone.



Habit 7

Habit #7

Sharpen the Saw

Balance is best.

- . I take care of my body by eating right, exercising, and getting enough sleep.
- . I balance my time between school, church, extracurricular activities, family, and friends.
- . I am always learning how to become a better person.



Teach to Learn

- Describe one of that habits to the person next to you (2 mins)

Action

- Choose a habit to develop with your child & family
 - How can you integrate this at home?
 - How can you develop this habit too?

Leader In Me – Questions Raised

Mantras can sound inauthentic with constant repetition

As a parent it feels like a club you are not part of

Management speak, too corporate sounding - cliché

Are the words too complex – eg synergise

It is too difficult to live the habits all the time

Americanisms

All schools have different needs – how can the 7 habits suit all?

Only based on Stephen Covey, is it up to date?

How Applecroft children say about the 7 Habits

(Examples from 9th May 2019)

“ I enjoy the LiM because when I am in a situation and do not know what to do, I can think of the habits and the best one to use”

“It helps you to understand things from others point of view”

“ the 7 habits have helped me to stand up for other people and have a voice of my own”

“The habits are something we can relate to every day”

“I like synergy because I like work in a team; its fun and you can get more done when you work together”

How to support your children at home

- Questions?
- Read the 7 Habits of Highly Effective People and visit FranklinCovey Website
- Look out for examples, talk about them, make it part of daily life
- By sharing the language at school and at home we share what is important to our children
- Visit the Leader In Me Website – ideas, examples and research <https://www.leaderinme.org/wp-content/uploads/2018/09/Parents-Guide-English.pdf>
- Begin with the end in mind – select a goal you can work together as a family and use the habits to achieve it?
- Be open about what you need to work on with your child, what habits you need to improve and why

