

The 7 Habits of Highly Effective People®

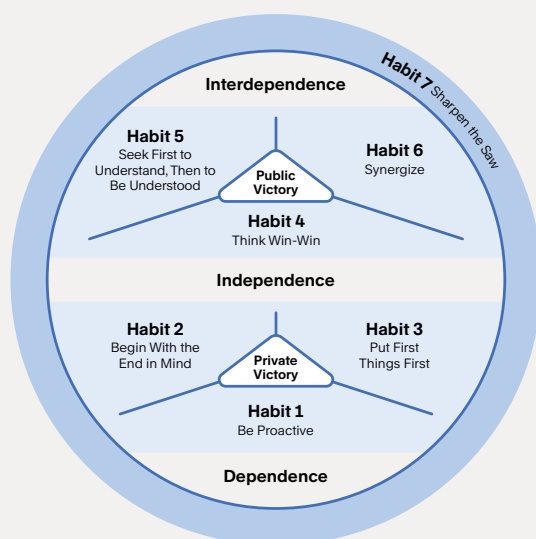
Unlock Potential. Unleash Performance.



Based on the #1 bestselling business book *The 7 Habits of Highly Effective People*, this renowned personal- and interpersonal-development solution is trusted by millions worldwide.

In an era of accelerating technology and advanced AI, human skills—how we work alone and together—are more important than ever. Having a comprehensive framework to help everyone gain and improve these essential abilities is critical to achieving organizational success.

The 7 Habits of Highly Effective People course equips learners with foundational human skills like emotional intelligence, proactive problem solving, and self-leadership. Tailored for today's evolving workplace, the 7 Habits unleash profound growth at every level.



The Maturity Continuum®

Each habit is based on universal principles and paradigms of effectiveness, with practices that move learners from dependence and independence to interdependence.

Private Victory® | Habits 1–3

Emphasizes personal mastery, defining desired outcomes and focusing efforts to lay the internal groundwork for success.

Public Victory® | Habits 4–6

Fosters collaboration and synergy with others, building strong relationships that allow us to accomplish more together than we could alone.

Renewal | Habit 7

Emphasizes the need for self-renewal and continuous improvement to succeed in and sustain the other habits.

Challenge	Solution
Individuals have inconsistent motivation and engagement, and are hesitant to take initiative or responsibility for results.	Improve individual effectiveness and build character that leads to lasting behavior change.
Team communication is poor, with frequent friction and frustration.	Establish more collaborative and creative teams that generate new ideas and achieve breakthrough results together.
A lack of strategic organization creates islands between individuals, teams, and departments.	Create an opportunity for team members to thrive by developing a shared language and winning culture.

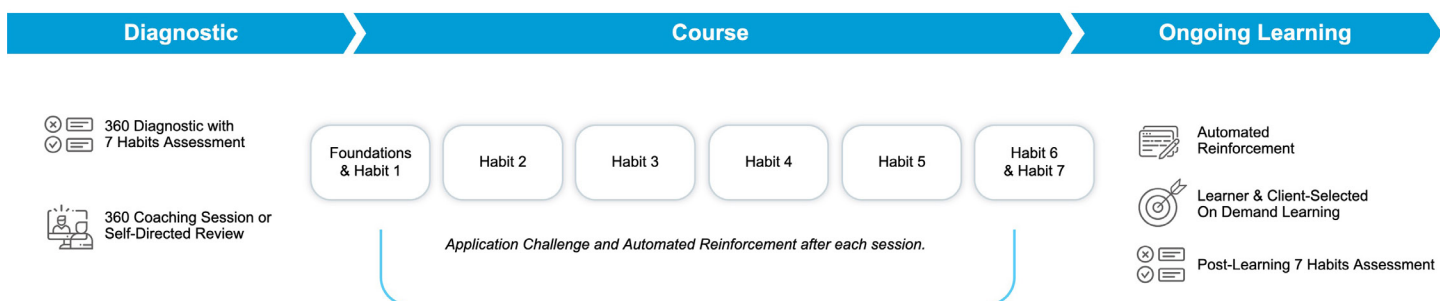
Habit	Learners will be able to:
Foundations	Evaluate their paradigms and align to principles of effectiveness.
Habit 1: Be Proactive®	Assume responsibility and focus on the things that can be influenced rather than what can't.
Habit 2: Begin With the End in Mind®	Define clear measures for success and create a plan to achieve them—in the next few hours, over the next few months, or across a lifetime.
Habit 3: Put First Things First®	Prioritize and spend time on achieving the most important goals.
Habit 4: Think Win-Win®	Approach each situation looking for ways everyone can win.
Habit 5: Seek First to Understand, Then to Be Understood®	Listen, understand, and honor others' perspectives, and have the courage to express thoughts and feelings respectfully.
Habit 6: Synergize®	Leverage diverse perspectives to solve problems, innovate, and achieve more than any one individual alone.
Habit 7: Sharpen the Saw®	Increase motivation, energy, and vitality by making time for renewal activities.

Delivery Options

The 7 Habits of Highly Effective People course is available in multiple learning modalities, each includes reinforcement microlearning.

Live In-Person	Live-Online	On Demand
Six 120-minute sessions.	Spaced: Six 120-minute sessions.	Concentrated: One 120-minute session and five 90-minute sessions.
		Eight 30-minute sessions.

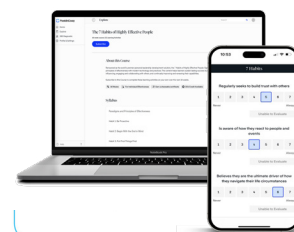
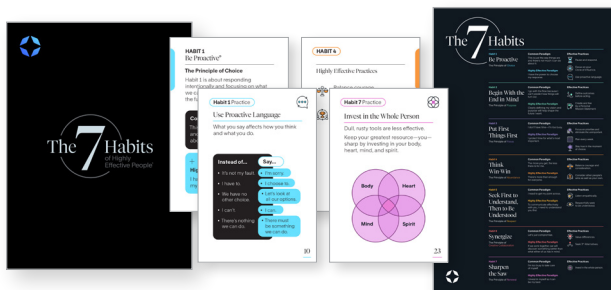
Example Impact Journey



Product Components

* Available for All Access Pass® passholders on the FranklinCovey Impact Platform.

- Participant Guide
- Cards
- 7 Habits Assessment*
- Automated Reinforcement*
- Summary Poster



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The FranklinCovey All Access Pass® allows you to expand your reach, achieve your business objectives, and sustainably impact performance. It provides access to a vast library of FranklinCovey content, including assessments, training courses, tools, and resources available Live In-Person, Live-Online, and On Demand. For more information, contact your FranklinCovey client partner, visit franklincovey.com.hk, or call (852) 2884 6100.

