

THE **7** HABITS OF **HIGHLY** **EFFECTIVE** **TEENAGERS®**

Fully accredited Level 2 Certificate in Personal Effectiveness

There is an increasing awareness that 'learning to learn' is of paramount importance and that learners need to be equipped with the appropriate tools and have the appropriate qualities nurtured and developed if they are to enjoy a good quality of life as well as to be able to pass exams. It has been said that our habits make or break us. If our habits are positive then the opportunity to perform well in all areas of life are increased.

Introduction to The 7 Habits of Highly Effective Teenagers® workshops from FranklinCovey, gives young people a set of proven tools to deal successfully with real life (PLTS). The 7 Habits of Highly Effective Teenagers are essentially seven characteristics that happy and successful teenagers the world over have in common.

Habits 1, 2, and 3 deal with self-mastery, called the "private victory." Habits 4, 5, and 6 deal with relationships and teamwork, or the "public victory." The last habit, Habit 7, is the habit of renewal. It feeds all the other six habits.



**UNLOCKING
TEENAGER'S
POTENTIAL!**

THE **7** HABITS OF HIGHLY EFFECTIVE TEENAGERS®

The training provides students with a step-by-step framework for boosting self-image, building friendships, resisting peer pressure, achieving goals, improving communication and relationships with parents which inevitably results in better achievement at school. The habits build upon each other and foster behavioural change and improvement from the inside out.

In order to achieve accreditation learners need to:

- Complete a minimum of 22 guided learning hours
- Complete the student work book
- Successfully complete a multiple choice assessment

(Other non accredited options are available including half day, one, two and three day workshops.)



Workshops will be delivered by Miguel Dean within a safe learning environment where learners will discuss, explore and take part in a variety of kinesthetic, fun and creative activities.

www.migueldean.co.uk
coaching@migueldean.co.uk
07846 697924

