



THE 7 HABITS

of Highly Effective Families®

FOR MILITARY FAMILIES

Strong families build happy homes

The Challenge

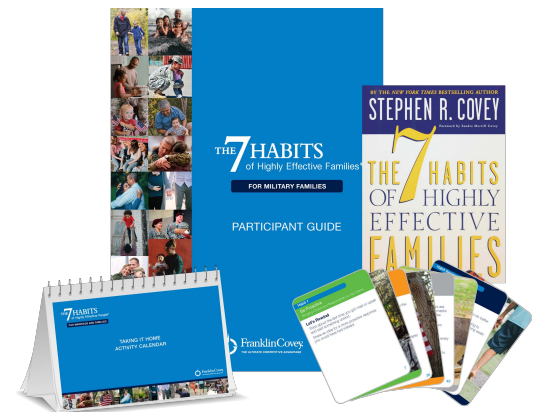
It's no secret that many families today are struggling or are in trouble. Being a member of a military family poses a unique set of challenges. Among the normal problems faced by families, military families must also deal with the added stress of deployment, re-integration, and relocation.

The Solution

INTRODUCING *THE 7 HABITS OF HIGHLY EFFECTIVE FAMILIES FOR MILITARY FAMILIES 2.0*

The 7 Habits of Highly Effective Families for Military Families 2.0 provides a much needed framework for applying universal, self-evident principles that enable family members to better communicate about their problems and resolve them successfully.

Dr. Stephen R. Covey has noted that strong families don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members. Through the processes, tools, and skills outlined in *The 7 Habits of Highly Effective Families for Military Families 2.0* workshop, family members will be able to gain confidence in their knowledge and ability to strengthen their own families.



OBJECTIVES FOR STRONG MILITARY FAMILIES

1. Decide what they want their family to stand for in the future.
2. Prioritize what is most important and put first things first.
3. Seek harmony, appreciate differences, and value strengths.
4. Solve problems through listening for understanding.
5. Find balance and resiliency through family renewal and establishing traditions.

The 7 Habits of Highly Effective Families for Military Families 2.0 workshop is based on Stephen R. Covey's No. 1 bestsellers: *The 7 Habits of Highly Effective People* and *The 7 Habits of Highly Effective Families*. This engaging family-strengthening program has been proven successful with thousands of families because it employs a self-discovery, principle-centered approach empowering all kinds of families in all stages of their lives.

The Process

The 7 Habits of Highly Effective Families for Military Families 2.0 workshop consists of 7–14 hours of curriculum that can be taught in a one- or two-day facilitator-led workshop or in two-hour modules. *The 7 Habits of Highly Effective Families for Military Families 2.0* follows a reinforced learning process that includes the following:

- A comprehensive and easy-to-read guidebook.
- Award-winning videos.
- Thought-provoking experiential activities.
- A healthy balance of values, principles (character) and skills.
- An interactive, idea-filled planning calendar for building companionships in marriage (optional item for purchase).

Participants will learn how to:

- Apply an “Inside-Out Approach” to problem solving and goal creation.
- Resolve differences in marriage and family relationships by creatively cooperating together.
- Establish a better work/life balance.
- Build deeper relationships of trust and love at home and with extended family.
- Abandon unhealthy behaviors.
- Employ the skills of Empathic Listening and Synergy.
- Build family traditions, unity, and a “nurturing family culture.”
- Learn to effectively challenge and motivate children.

Core Competencies

Habit 1: Be Proactive®

- Take initiative.
- React less, take responsibility for their actions, and make better choices based on values.

Habit 2: Begin With the End in Mind®

- Identify family priorities.
- Define what you want your family to stand for.
- Create vision of your family’s future.

Habit 3: Put First Things First®

- Identify family priorities.
- Schedule and focus on most important activities.
- Honor commitments made to family members; make a promise, keep it.

Habit 4: Think Win–Win®

- Build high-trust relationships.
- Think in terms of mutual benefit.
- Practice conflict resolution.

Habit 5: Seek First to Understand Then to Be Understood®

- Seek first to listen with the intent to understand the thoughts and feelings of others.
- Communicate your understanding of others.
- Overcome communication pitfalls.

Habit 6: Synergize®

- Apply effective problem solving.
- Apply collaborative decision making.
- Value differences and build on strengths.

Habit 7: Sharpen the Saw®

- Achieve family and work balance.
- Apply continuous improvement.
- Build resiliency through renewal.

“One of the most powerful things you can pass on to your children is the sense of building a life based on a mission.”

—Dr. Stephen R. Covey

**For more information, please call
888-868-1776.**