

**The 7 Habits of Highly Effective People Signature Program is 10 - 2 hour sessions adapted specifically to meet the needs of Faculty at the U of C.**

**Stephen Covey, author of the book this program is based on, does not claim ownership of the timeless principles that underlie the Habits. He says this is simply “common sense organized” which ultimately leads to a high level of effectiveness: “getting superb results today in a way that allows us to get those results over and over again”. Participants will also have an opportunity to develop greater resiliency and enhance their leadership abilities as both of these areas are integrated with the primary focus on effectiveness.**

**Four faculty groups have completed the 7 Habits process at the U of C in the last year and a half. Three of the groups were facilitated at the Faculty of Medicine. Participants have consistently rated their experience as very positive. On average, group members have answered the question: How likely is it that you would recommend this workshop? - 9.4 out of 10. The following are some of their comments:**

*“I really enjoyed the 10 week course, and would definitely recommend it...In fact, I think that it would be a good program for all new faculty hired on at the U of C ...because it provides a general framework for approaching life in its entirety” (Dr. Bill Ghali)*

*“I would highly recommend this program to U of C Leaders since it provides concrete means for everyone, no matter their stage or position in life, to be more effective in their endeavors and feel more fulfilled” (Dr. Christine Friedenreich, Alberta Cancer Board)*

*“Excellent facilitator...knowledgeable, open, supportive” (Dr. Birgitte Roland)*

*“The material in 'The 7 Habits of Highly Effective People' sharpens the skill sets we use in the management of our research programs, in our administrative roles within the Faculty and in the classroom. It is an important course for successful faculty.” (Dr. Jan Braun)*

**The program also integrates material from other relevant sources such as Cohen and Cohen (Lab Dynamics), Reivich and Shatte (Resiliency in the Workplace) and Jim Collins (From Good to Great), along with some of Covey’s newest work – the 8<sup>th</sup> Habit: From Effectiveness to Greatness.**