

7 HABITS OF HIGHLY EFFECTIVE PEOPLE

COMMUNITY OF PRACTICE, SESSION #1

CHAPTER: INSIDE-OUT & OVERVIEW

DATE: SEPTEMBER 17TH, 2014

FACILITATOR: BRYNN SHADER

AGENDA

- **Introductions - You to each other, and me to you**
- **Definition - The Paradigm Principle and Why It Matters**
- **Paradigm Discussion - Personal/Professional**
- **The 9 Most Common Human Challenges** (as defined by Covey)
 - **Exploration and Discussion**
- **Feedback Form – How Can I Improve?**
- **Homework Suggestions**
 - **Your Own Take - Picture/Quote to Start Your Journey**

INTRODUCTIONS

- **Who are you?**
 - Name
 - Title
 - Familiarity with the book
 - What you'd like to get out of this year's COP

MY INTRODUCTION

- **Who am I?**
 - Beach bum – turned mountain junkie
 - Home hopper- Miami, Tallahassee, Europe, New York, DC, and finally here
 - Traveler
 - Skier
 - Former thespian & competitive swimmer

THE PARADIGM PRINCIPLE- WHAT IS IT?

- **Inside-Out/Paradigm Shifts - Basis of entire book**
 - “A paradigm is a model, theory, perception, assumption, or frame of reference.” - Covey
 - Systems Administration is the Ivory Tower
 - Boulder = super liberal; Colorado Springs = super conservative
- **Example in book – Stephen on the train (quick shift)**
- **Example brought to life:**
 - <https://www.youtube.com/watch?v=UwXzNLaFIEY>
 - What would most people think?
 - What would you think?
 - But WHAT IF.....
 - If you took a minute to reflect on the new information, would your experience change?

WHY DOES THIS MATTER?



- **Expose Paradigms = Possible Shift**
 - So, if....“The way we SEE the problem IS the problem.” – Covey
 - To adopt the Habits, we must be mechanics and look
 - Shift – Imagine 1800 Grant has been vandalized with graffiti
 - Cover it up or clean it off?
- **Let’s acknowledge the shifts we’ve already made**
 - My example – Cambodia
 - Stairs versus elevator (simple!)
- **In groups, think about (15 minutes) and then share a few:**
 - A time in your life when you experienced a personal or professional paradigm shift
 - What was the previous paradigm?
 - What was the pivotal moment that caused the shift?
 - What was the new paradigm?
 - What did difference did it make?
 - What was the outcome?

9 MOST COMMON HUMAN CHALLENGES

(FROM 2005 VERSION)

- **Covey's "9 Most Common Human Challenges"**
 - Included in updated versions ONLY
- **In groups, think about (15 minutes) and share a few:**
 - Identify existing paradigms around the challenges and statements that could represent a shift

Fear and Insecurity
"I Want It Now"
Blame and
Victimization
Hopelessness

Lack of Life Balance
"What's In It For Me?"
The Hunger to be Understood
Conflict and Differences
Personal Stagnation

HOMework

- 1) Read Habit 1
- 2) Report back with any paradigms you've shifted during the month we're apart
- 3) Personal Effectiveness Quotient (PEQ)

www.7HabitsPEQ.com

And before you leave....

- Please fill out the feedback survey so I know what I can do better so you keep coming back!



CONTACT INFORMATION

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SYMBOLIZE THE START OF YOUR JOURNEY...

- Think of a shift you'd like to create for your professional life and draw it or embody it in a quote
 - Perhaps you can place it on your desk as a reminder of the journey of the 7 Habits you are about to begin
- My example – show picture

