



## Remaining effective - the 7 Habits – Live Webinar

**6** external CPD points

**We are working with Health Education England, East of England to provide this webinar, and this course is open to all SAS and LED doctors from the region.**

### Introduction:

The Covey Principles have been tested globally for a number of years to help professionals develop themselves within and outside of their organisations. This webinar focuses on successfully applying the 7 habits.

### Course Structure:

- 2.5 hour live webinar morning (habits 1-4) 10am – 12.30pm
- 2.5 hour live webinar afternoon (habits 5-7) 1pm – 3.30pm
- Date: 5<sup>th</sup> August

### To Book click the link below:

<https://www.eventbrite.com/e/remaining-effective-the-7-habits-live-webinar-tickets-109301138648>

### Webinar Objectives:

#### **Morning: Habits 1,2,3,4**

- Be proactive – 1<sup>st</sup> habit
- Begin with the end in mind(planning) – 2<sup>nd</sup> habit
- Put first things first (managing your time) – 3<sup>rd</sup> habit
- Think win-win – (influencing) 4<sup>th</sup> habit

#### **Afternoon: Habits 5,6,7**

- Seek first to understand – 5<sup>th</sup> habit
- Synergise – 6<sup>th</sup> habit
- Sharpen the saw – resilience – 7<sup>th</sup> habit
  
- A 10-15 minute Q&A session to deal with personal issues and challenges

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