

7 Habits of Highly Effective People Seminar

Written by Ruth L. Ferolin



The participants from Davao Light & Cotabato Light during the 7 Habit Seminar

On February 20-21, 2014, 8 employees of Cotabato Light and Power Company together with DLPC employees, attended the 7 Habits of Highly Effective People Seminar at De Leonor Inland Resort, Cabantian, Davao City. It was a 2 day, overnight live in activity conducted by Mr.

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Jose Germeleo Caballo, in house AEV trainer, and accredited trainer by Stephen Covey Inc.

The 7 Habits for “Highly Effective People” is part of the Universal Training Program (UTP) of the company. An attitudinal seminar meant to touch the personal well-being of the participants. It is also a tool to develop a positive habit that would enable them know themselves better, to act & think appropriately on different situations enabling them to be effective & efficient not just in the work place but in their lives as well.

The seminar workshop was designed to stimulate the participants affirmative response to the demands of our day to day living no matter how small. Habits, like anything else, come from thoughts. If we wish to change our habits, we must be shifting our dominant thoughts so that what we think would give us better habits, which we call it paradigm shift.

According to Stephen R. Covey, that author of the book “Habits are powerful factors in our lives. Because they are consistent, often unconscious patterns, they constantly, daily express our character and produce our effectiveness...or ineffectiveness”. In other words our success & effectiveness are ultimately dependable in our habits. So If we want change to be implemented in our organization and to our community as well, we must start with ourselves.

The 7 habits of highly effective people are “being proactive, Begin with the end in mind, Put first thing first, Think win-win, Seek first to understand, Then to be understood, Synergize, and Sharpen the saw”. These habits are the roots to personal effectiveness.

With the chaotic world that we have, 7Habits' author Stephen Covey offers solution to some of these problems which naturally emanates from each of us. Knowing ourselves & deciding on things greatly affects our situation. Embracing his principles & knowledge might work to make our world a better place to live in.