



# Lakeland Ridge School

## Parent Workshop

Please help yourself to refreshments!

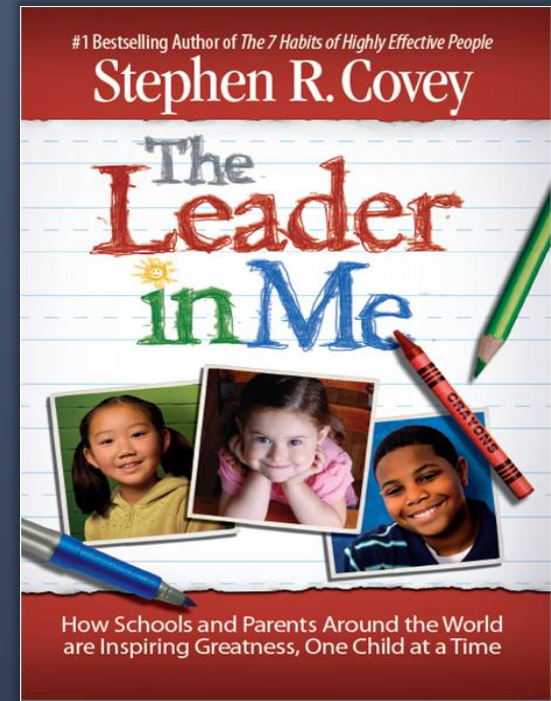


# Student Leaders Aidan Muth & Olivia Sadilek-Thring

- Welcome Parents
- How we Use the 7 Habits

# Our End in Mind~ Why are we here?

1. The Leader in Me
2. Importance of personal leadership skills
3. Overview of the *7 Habits*
4. Share ideas for using the *7 Habits* at home



# Overview of *The Leader in Me*

1. Process designed to help teachers assist students in developing leadership skills.
2. Helps students discover their unique strengths.
3. Gives all students an opportunity to shine—to become leaders.
4. Helps infuse the language of the 7 Habits into all the curriculum.

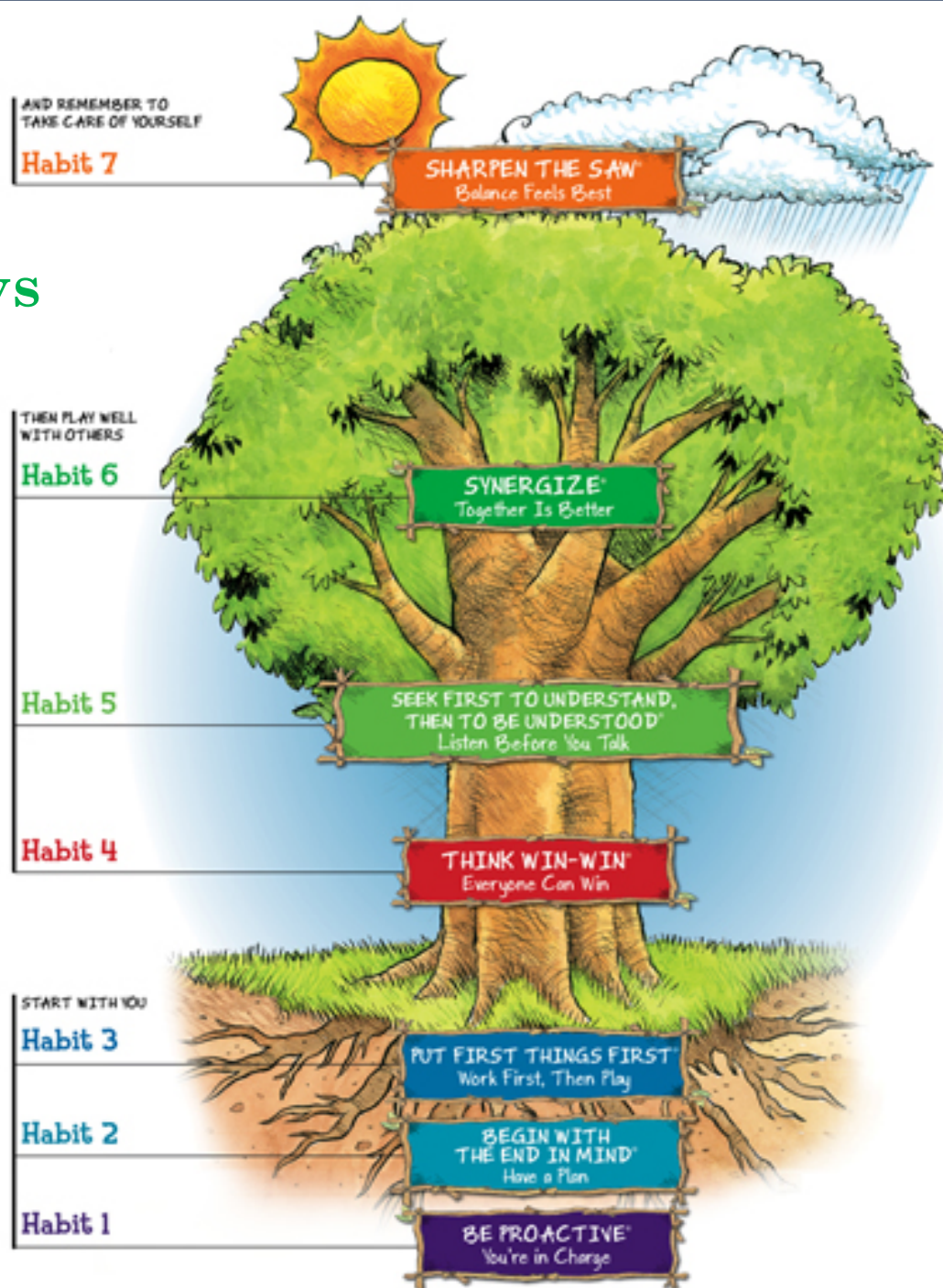
What Parents and Business Leaders Want	21 <sup>st</sup> Century Life Skills	The 7 Habits of Highly Effective People®
<b>INDEPENDENCE</b>		<i>Habits 1–3</i>
<ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Organization</li> <li>• Time management</li> <li>• Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Initiative</li> <li>• Responsibility</li> <li>• Self-direction</li> <li>• Personal productivity</li> </ul>	<ul style="list-style-type: none"> <li>• Be Proactive®</li> <li>• Begin With the End in Mind®</li> <li>• Put First Things First®</li> </ul>
<b>INTERDEPENDENCE</b>		<i>Habits 4–6</i>
<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Conflict management</li> <li>• Creativity</li> <li>• Analytical skills</li> </ul>	<ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Communication</li> <li>• Collaboration</li> <li>• Cross-cultural skills</li> </ul>	<ul style="list-style-type: none"> <li>• Think Win-Win®</li> <li>• Seek First to Understand, Then to Be Understood®</li> <li>• Synergize®</li> </ul>
<b>RENEWAL</b>		<i>Habit 7</i>
<ul style="list-style-type: none"> <li>• Fun</li> <li>• Desire to learn</li> <li>• Good health and hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Meaningful work</li> <li>• Emotional stability</li> <li>• Technical skills</li> </ul>	<ul style="list-style-type: none"> <li>• Sharpen the Saw® (Body, Heart, Mind, Spirit)</li> </ul>

- 7 Habits = Common Sense

- Common Sense is not always Common Practice

- 7 Habits are about LIFE

- Tree as an Analogy



START WITH YOU

**Habit 3**

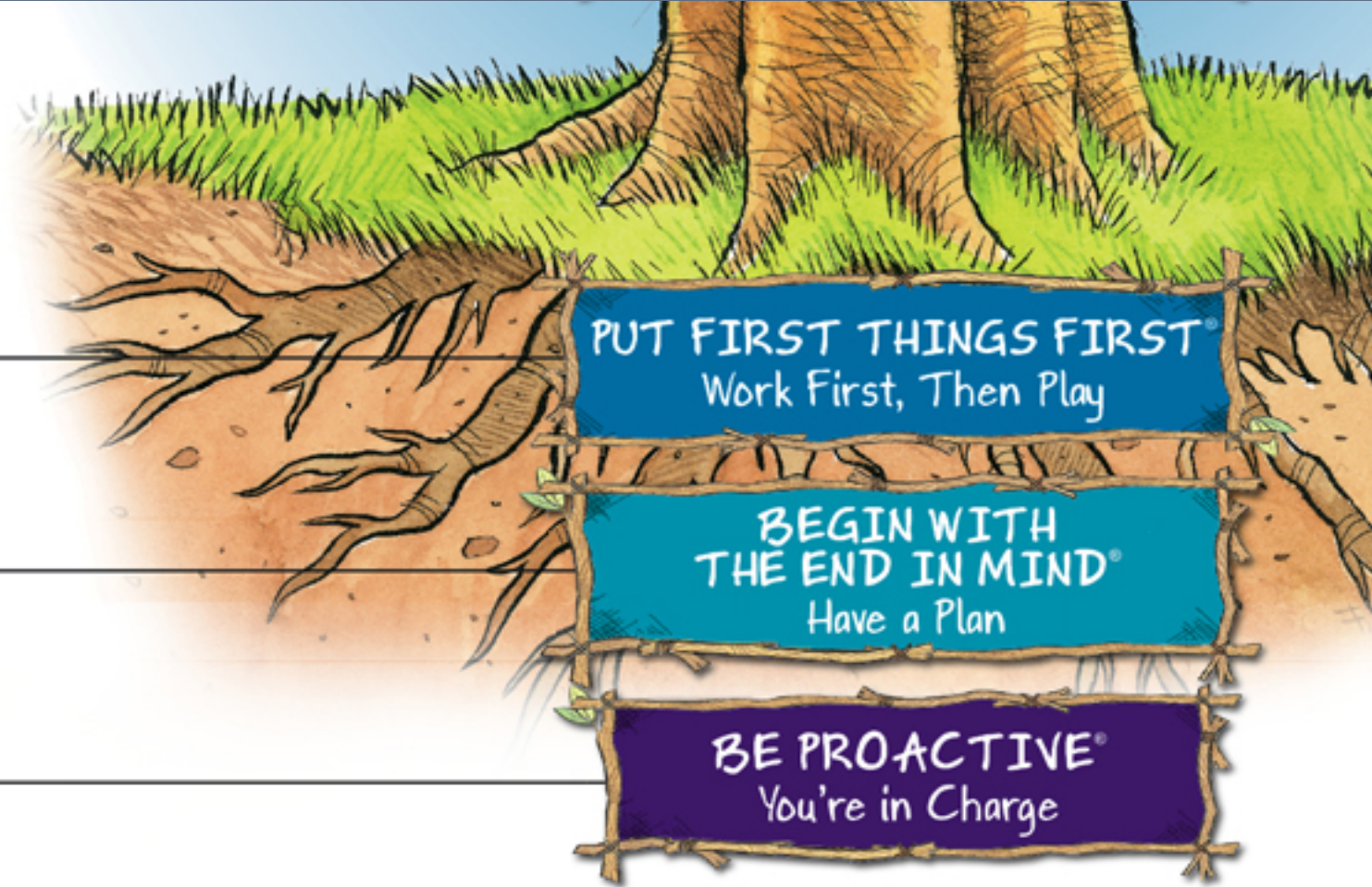
**PUT FIRST THINGS FIRST®**  
Work First, Then Play

**Habit 2**

**BEGIN WITH  
THE END IN MIND®**  
Have a Plan

**Habit 1**

**BE PROACTIVE®**  
You're in Charge



THEN PLAY WELL  
WITH OTHERS

## Habit 6

**SYNERGIZE®**  
Together Is Better

## Habit 5

**SEEK FIRST TO UNDERSTAND,  
THEN TO BE UNDERSTOOD®**  
Listen Before You Talk

## Habit 4

**THINK WIN-WIN®**  
Everyone Can Win

# The 7 Habits<sup>®</sup> Tree

AND REMEMBER TO  
TAKE CARE OF YOURSELF

## Habit 7



# Habit 1

Circle of no  
Control

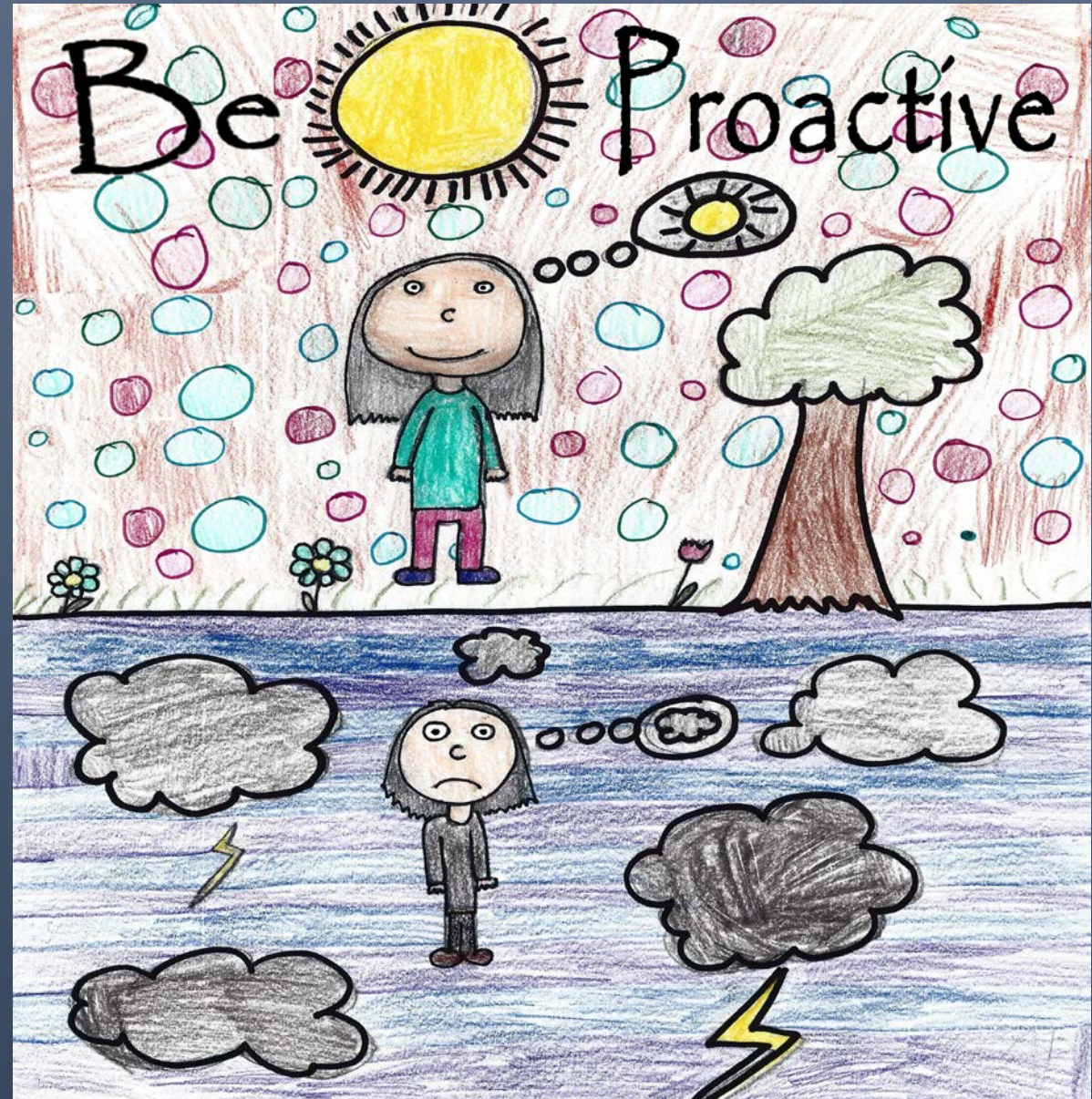
Circle  
of  
Control

I am a responsible person.

I take initiative. I choose my actions, attitudes, and moods.

I do not blame others for my wrong actions.

I do the right thing without being asked, even when no one is looking.



# Habit 2

I plan ahead and set goals.

I do things that have meaning and make a difference.

I am an important part of my classroom and contribute to my school's mission and vision.

I look for ways to be a good citizen.



# Habit 3

I spend my time on things that are most important.

This means I say no to things I know I should not do.

I set priorities, make a schedule, and follow my plan.

I am disciplined and organized.

## Put First things First

1. Work



2. Play



# Habit 4

I balance courage  
for getting what I  
want with  
consideration for  
what others want.

When conflicts  
arise, I look for a  
win-win solution.



# Habit 5

I listen to others  
without  
interrupting.

I am confident in  
voicing my ideas.

I see perspectives  
of others.

I listen with my



# Habit 6

Together

is

Better!

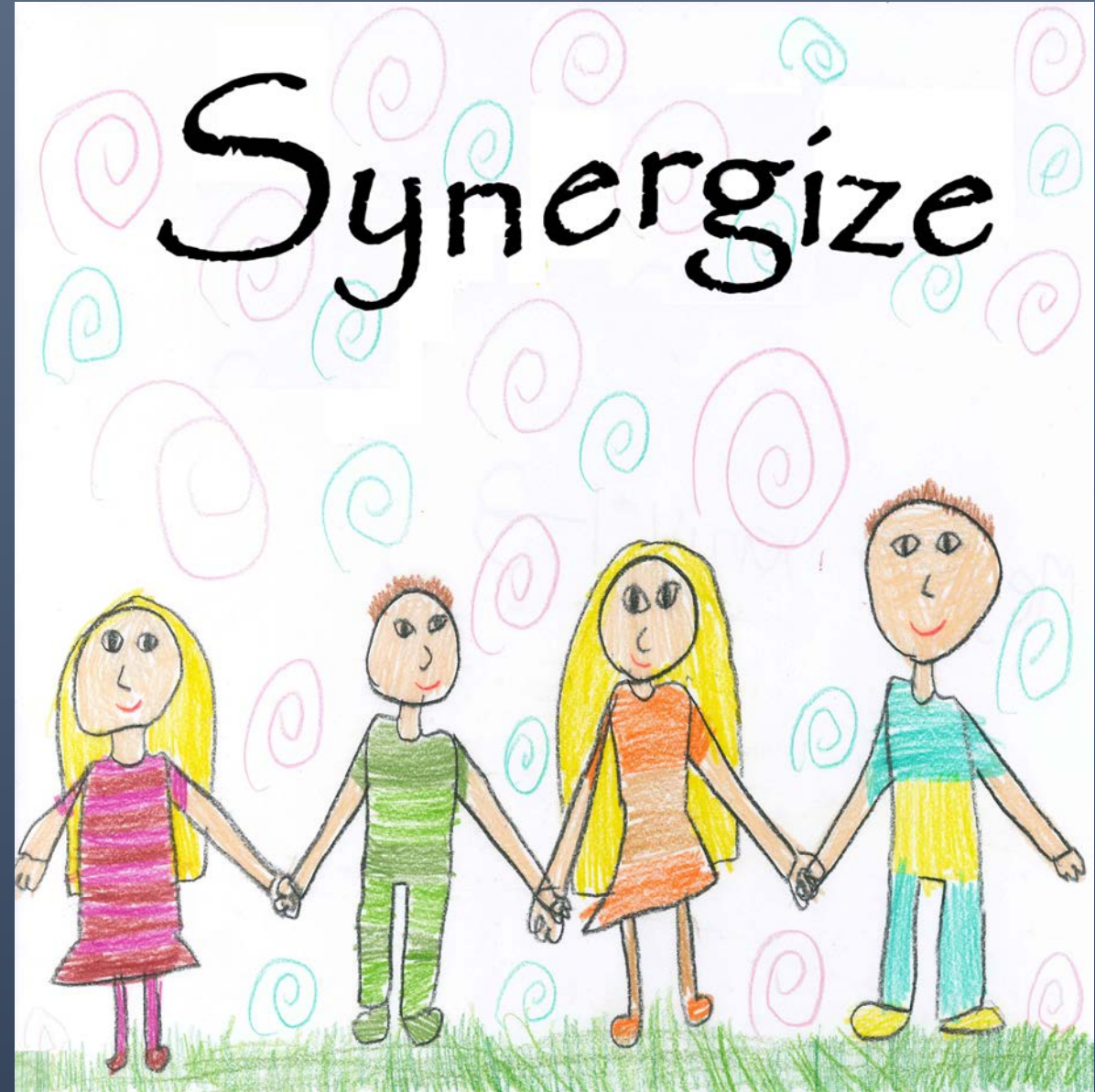
I value other people's strengths and learn from them.

I get along well with others; even people who are different than me.

I work well in groups.

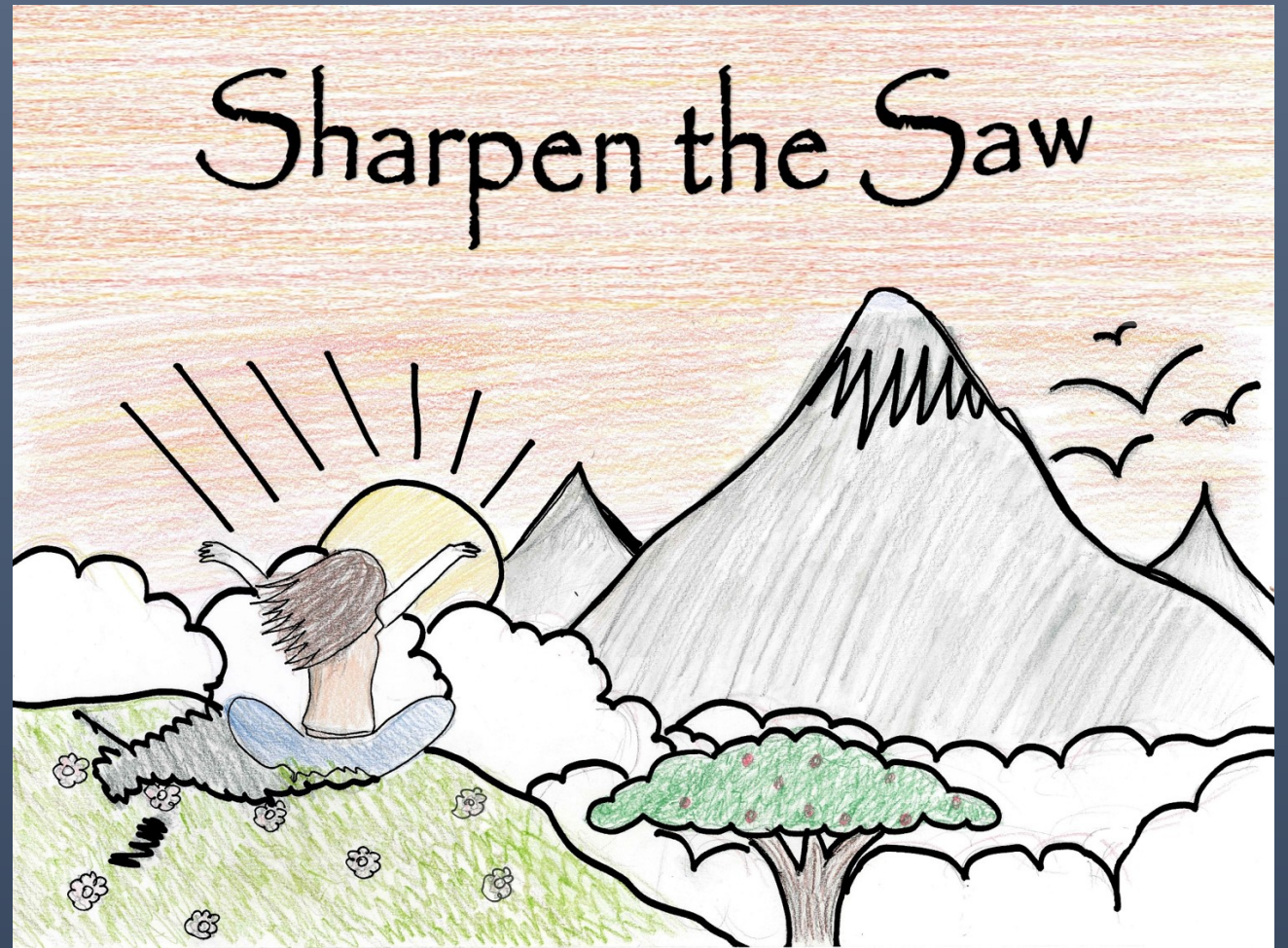
I seek out other people's ideas because I know that by teaming with others, we can create better solutions than what any one of us could alone.

I look for Third Alternatives.



# Habit 7

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.



# Habit 7

I eat right,  
exercise and  
get enough  
sleep  
(Body)

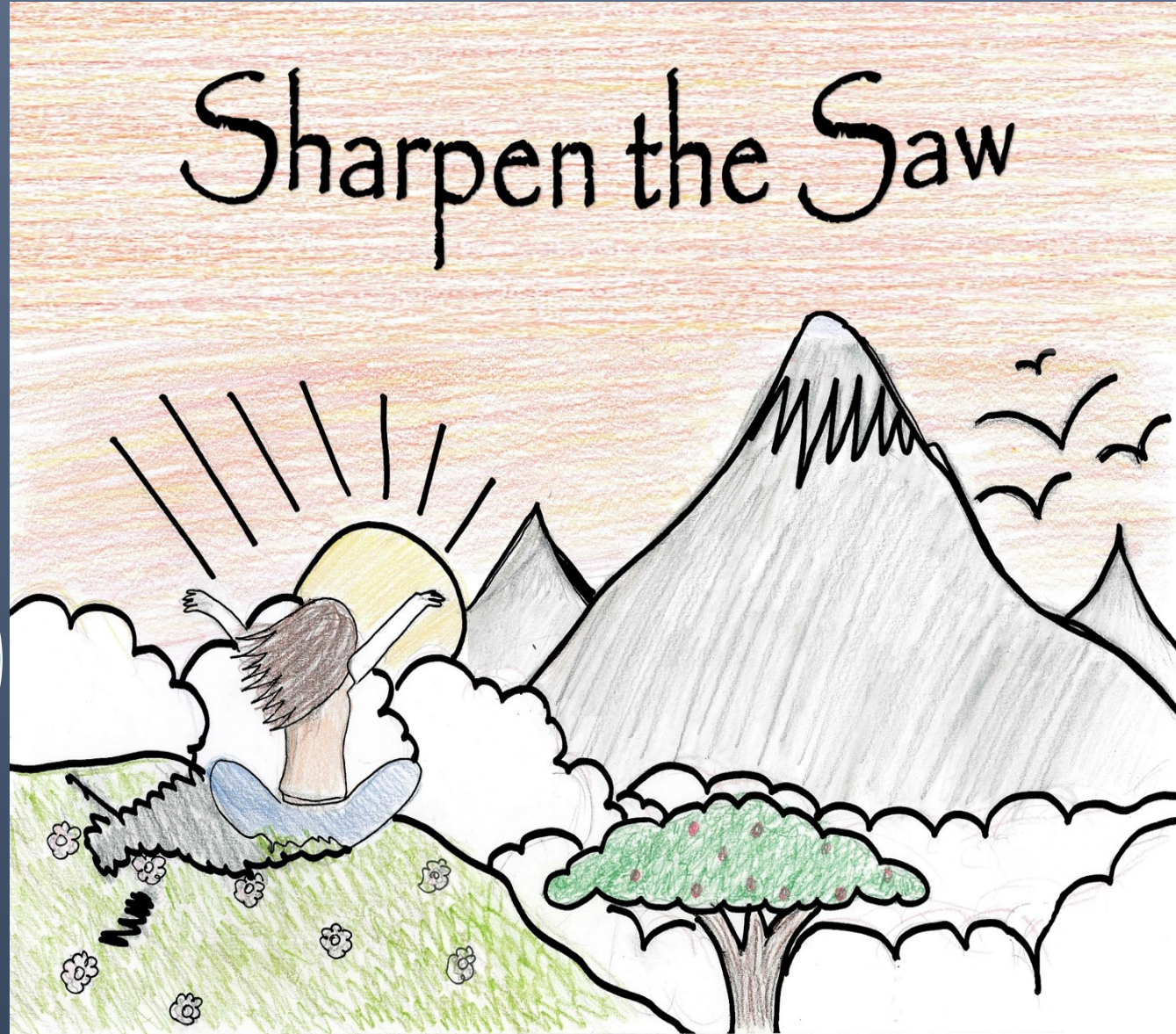
I take time  
to find  
meaningful  
ways to help  
people  
(soul)



I learn in  
lots of places  
and ways  
(Mind)

I spend  
time with  
family &  
friends  
(Heart)

## Sharpen the Saw



# The 7 Habits in Action at Lakeland

Please enjoy the video of Mrs. Edgecombe's  
Grade 2 class!

Watch Me Lead

# Welcome ~ Caroline McKay

## Family Mission Statement

- Organizations & Businesses do it, why not families?
- What are the 3 most important things in your life?

# Consider This

**What do I want my family to stand for?**

**Our highest  
priority goals?**

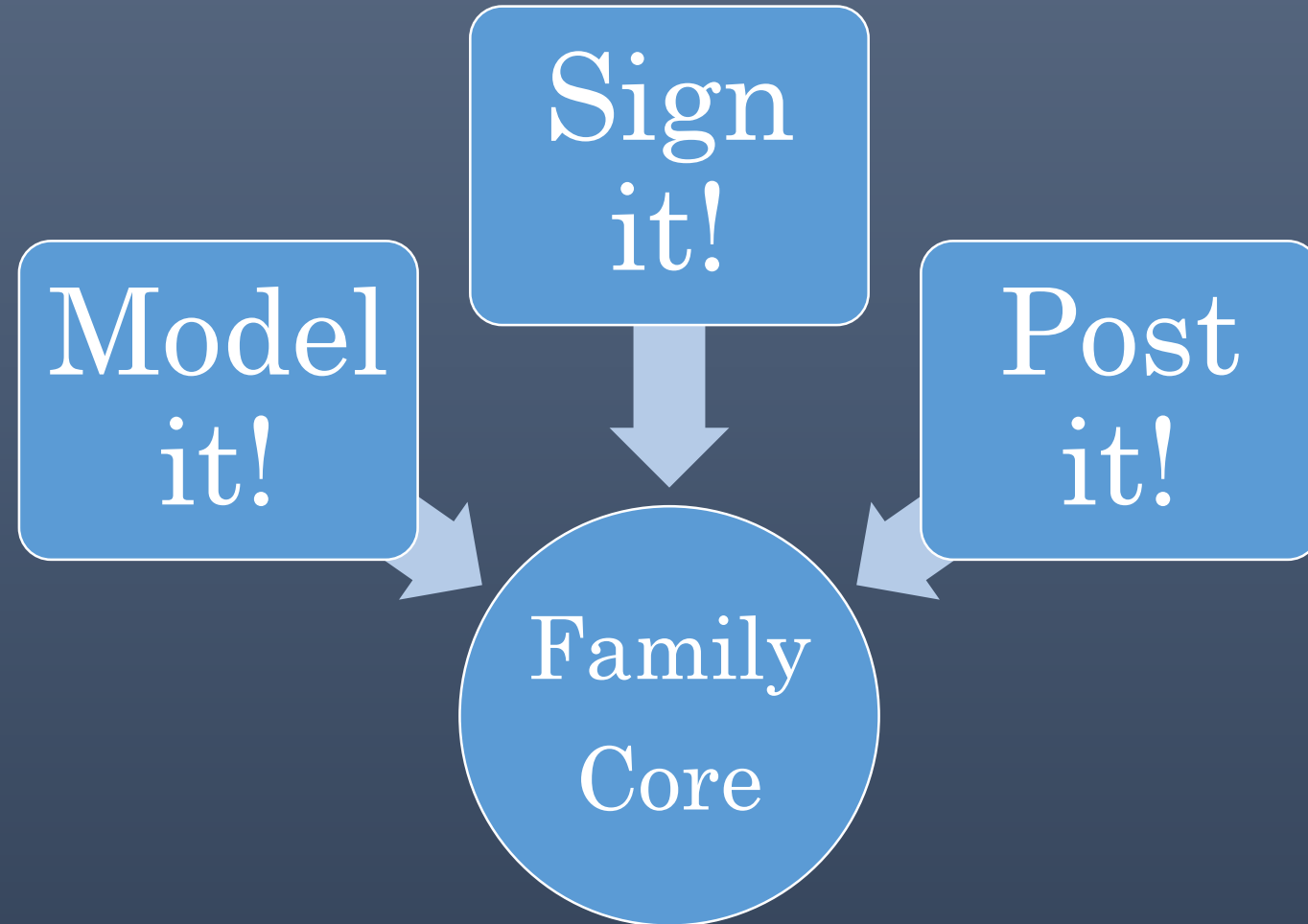
**Unique talents,  
gifts & abilities?**

**What makes  
us happiest?**

**What makes  
us feel  
comfortable  
at home?**

**What kind of  
home do we  
want to have?**

# Live Your Mission!



# Family Fun Jars: Sharpening the Saw Together

Caroline McKay



# Getting Organized With The 7 Habits~

**Goal: Morning where everyone knows their jobs and is ready on time!**

## **Be Proactive Initiative & Responsibility**

Determine what is needed for next day

Write a List

Gather non-perishable items for lunch bag

## **Begin With The End in Mind**

### **Visualizing & Planning**

Brainstorm what a smooth morning will look like

Make a Schedule & Keep to it

## **Put First Things First Focus on the Task at Hand**

Help your child learn how to avoid distractions

Work First, Then Play

# Welcome~Dinene Yaniw

1. Wanting to create more joyful moments and positive experiences with our children
2. “Caught Being Good”
3. Filling each other’s buckets daily
4. Acknowledging their kind efforts
5. Flexible and work and progress

# Welcome~ Will Rice



## Bucket Filling at Home

- Reward system that focuses on positive behavior
- Bucket Filling Money
- Reinforces the language used at school
- Opportunities for goal setting

# Welcome~ Daniell Witzke

## **Begin With the End in Mind:**

- Family Calendar
- Sunday Lunch Prep
- Proactive: School Prep

# Welcome~ Shannon Panchuk

- Proactive when it comes to making your lunch
- Put first things first with chores and looking after your home
- Seek to understand your siblings
- Sharpen the saw with synergy from your artistic side

# Welcome Sam Simpson

- Habit 2: Begin With the End in Mind
- Habit 4: Think Win-Win

# Begin With the End in Mind

## Money Smarts

- Savings vs. mad money
- 50/50
- Setting goals



# Think Win-Win for Sibling Conflict

## Win-Win for Mom and Dad

- Pulling hair out
- Moments of Zen (well...not really 😊)

## Win-Win for Ethan and Will

- Losing privilege
- Problem solving themselves and continuing to play.



# Welcome ~ Andrea Cundliffe

## Habit 4 Think Win-Win

- Challenges in siblings competing against each other
- Changing the language used in our home during activities
- Taking equal turns picking activities in the home including Dad and Mom
- Changing focus from competing to having fun as a family

# Habit 5 – Seek first to Understand, Then to be Understood (Andrea)

- Challenges in dealing with children with opposing personalities
- Teaching calming techniques when frustrated
- Work on turn taking in conversations and rephrasing confrontational wording

# Habit 6 – Synergize (Andrea)

- Working together as a family during challenging times
- Teaching the kids to rely on each other
- **Together is better** ~ focus of our family unit

# The PAUSE Button KEY to ACT .... Not REACT

Stop between what happens to us and our response to it!  
Choose our own response!



# Successful Life Skills~ Personal Leadership

- Try a little at a time!
- Start with using the language of the 7 Habits.
- Do what works for you and your family.
- Synergize with your children to come up with ideas for using the 7 Habits at home!
- This will lead to ownership and accountability!
- Let your children TEACH you!

Leadership is communicating a person's worth and potential so clearly that they are inspired to see it in themselves.

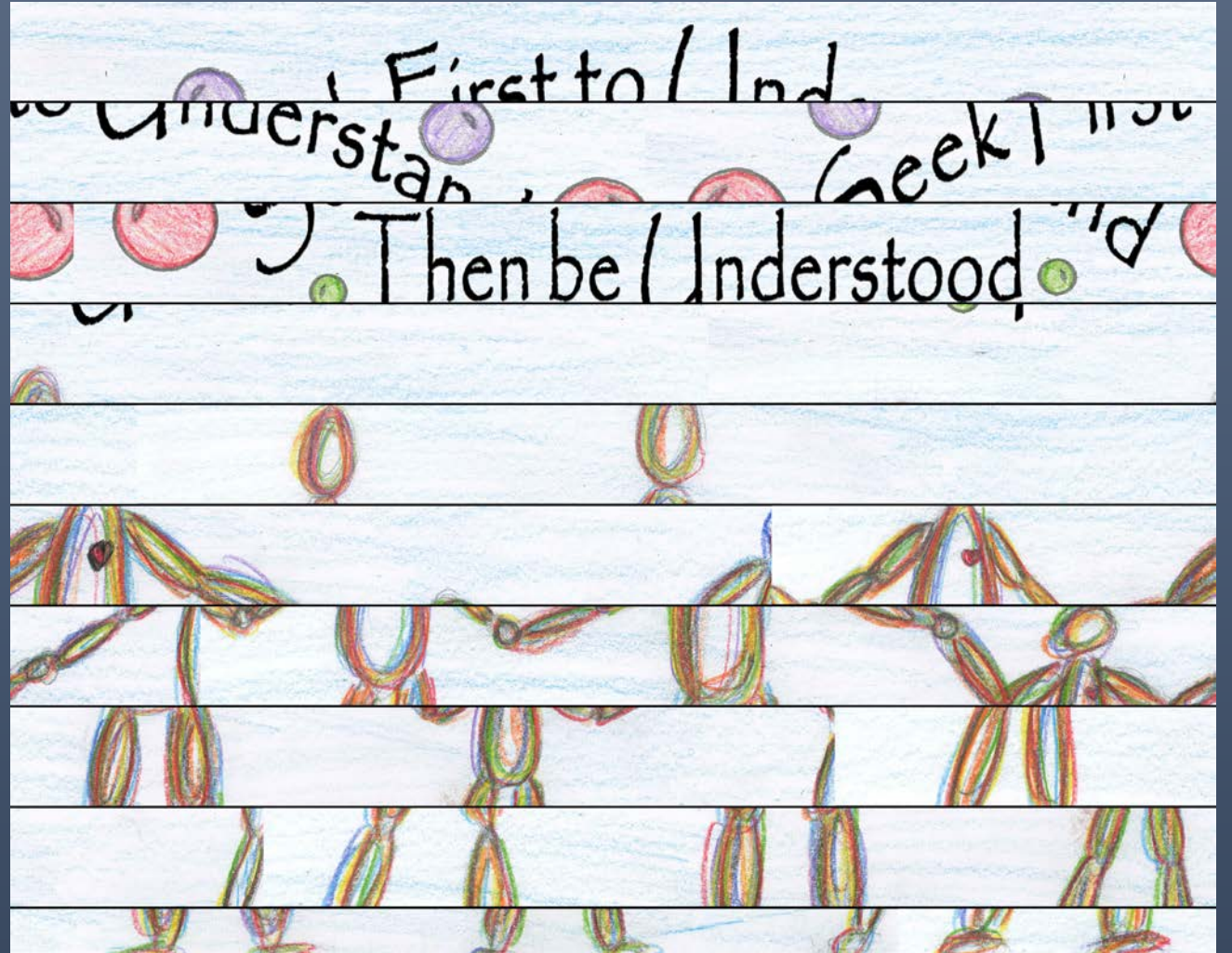
—Dr. Stephen R. Covey

Can we do this for our own children?  
Watch and see.....it is working and it is worth it!



# Habit 5

## Any Questions?



Closing Remarks~  
Annette Hubick from Parent  
Council!

Contest Entries Due:  
Friday, May 2<sup>nd</sup>!

Thank you for joining us😊

