Achieve personal and interpersonal effectiveness from the inside out.

Maybe you’ve heard about *The 7 Habits of Highly Effective People*—the best-selling business book of all time. Now you have a chance to implement the 7 Habits in your life by attending an exciting three-day program based on the powerful book.

The 7 Habits program is the most dynamic training for personal and professional effectiveness ever developed. This three-day experience will help you define yourself and unleash your inner potential. The results? Increased leadership skills. Improved relationships of trust. Achievement of work/life balance.

During the workshop, you’ll experience interactive exercises, case studies, and poignant video segments, and learn from the experiences of other participants. **Participants will go through the class as a cohort in three separate sessions.**

**DATES:**
- Cohort 1 (Tuesdays) January 17, 22, 29, 2013
- Cohort 2 (Wednesdays) July 17, 24, 31, 2013

**TIME:** 8:30 a.m. – 4:30 p.m.

**LOCATION:** 910 Madison, Ste. 725 (HR Training Room)

**FACILITATED BY:** Darnita T. Brassel

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