

The 7 Habits of Highly Effective Teenagers *with Mary Hawkes Greene and Barry Walsh*

August 16th – 19th €310

“The 7 Habits of Highly Effective Teenagers” as developed by Sean Covey aims to help teenagers develop their full potential in all aspects of their life from school, family, sport, hobbies and relationships amongst others. It is based on Stephen Covey's acclaimed book *The 7 Habits of Highly Effective People* which has sold over 15 million copies worldwide and is still one of the bestselling books 15 years after publishing. The workshop itself fits in perfectly with the core objective of the Transition Year programme, as envisaged by the Department of Education, and encourages the development of the whole person beyond merely academic pursuits. The feedback and response from staff, students and parents has been extremely positive in the four years that this programme has been rolled out in schools throughout Ireland. The programme will help participants to learn more about themselves and what career direction they might take and what college course they might be best suited to. The approach is relaxed and fun whilst challenging and involves interactive group-work along with creative experiential exercises developed at the BCA to deepen the learning experience.

This 4 Day workshop can help young people to:

- Gain Greater Control of Their Lives
- Improve Relationships with family and friends
- Increase Self Confidence and Self Esteem
- Make Smarter Decisions
- Define Their Values and What Matters Most to Them
- Recognise and Prioritise Their Goals (including career and further education)
- Find Balance between school, work, friends and everything else.

MARY HAWKES GREENE is President and founder of Burren College of Art. Her career in education has ranged from teaching in Italy, France and Israel, to designing programmes for inner city Dublin communities, to working with government agencies on education policy for itinerant Irish traveler children. Central to all of these has been her commitment to the arts and the development of self-awareness and leadership. **BARRY WALSH** is an experienced and skilled workshops facilitator. Participants have commented on his ability to facilitate in a caring and compassionate way that brings out the best in them. Mary and Barry are certified under the NQAI and accredited facilitators by Franklin Covey Europe.

Note: Accommodation for school students can be provided at an extra cost of €110 and will include 4 nights bed and breakfast with daily transfers to and from the College.