

Seven Habits Seminar for Women

NASOCA Pines Ranch - Women's Ministries

Growing, Changing, Joyful Women

February 26, 2000 2 hours

1.	Class Building Activity (to form teams?)	1 minute
2.	Team Building Activity	2 minutes
3.	Introduction:	2 minutes
	A. Objectives of seminar	
	B. Goal for individuals	
4.	Story for Paradigm shift	2 minutes
5.	TABA lesson	10 minutes
6.	Simple Jigsaw (Assign each group a habit to study and model with a hypothetical situation)	15 minutes
7.	Challenging situations (actual ones people are dealing with or similar types) Think-pair-square	20 minutes
8.	Group Presentations - 2 min. modeled demonstration of habit	30 minutes
9.	Processing	15 minutes
10.	Journaling - personal goals and time frame for implementation	10 minutes
11.	Set up support system (Buddy System, etc. for actual transfer)	5 minutes
12.	Review and Processing	15 minutes
13.	Celebrating and Closure - Power Point Presentation with music	5 minutes

Total Time 120 minutes
(2 hours)

Materials Needed:

- ✿ Large tablet & Marking pens
- ✿ Writing utensils - pens
- ✿ Journals for setting goals & time frames
- ✿ Music for signals
- ✿ Class Building Activity
- ✿ Team Building Activity
- ✿ Brain Gym