

## Live Site Presentation

(Pre-registration **REQUIRED**)

CHI St. Alexius Health  
Technology and Education Center  
Mary Mark Rooms  
1310 East Main Avenue • Bismarck, ND

**Jan. 3** 9:00 - 10:00 a.m. (CT) The 7 Habits of Highly Effective People  
10:30 a.m. - 11:30 a.m. (CT) The 7 Principles for Making Marriage Work

**OR**

**Jan. 3** 1:00 - 2:00 p.m. (CT) The 7 Principles for Making Marriage Work  
2:30 - 3:30 p.m. (CT) The 7 Habits of Highly Effective People

## Webinar Dates

(Pre-registration **REQUIRED**)

<b>Date:</b>	<b>Time:</b>	<b>Presentation:</b>
<b>Jan. 9</b>	9:00 - 10:00 a.m. (CT) 10:30 - 11:30 a.m. (CT)	The 7 Habits of Highly Effective People The 7 Principles for Making Marriage Work
<b>Jan. 16</b>	2:00 - 3:00 p.m. (CT) 3:30 - 4:30 p.m. (CT)	The 7 Principles for Making Marriage Work The 7 Habits of Highly Effective People
<b>Jan. 23</b>	9:00 - 10:00 a.m. (CT) 10:30 - 11:30 a.m. (CT)	The 7 Principles for Making Marriage Work The 7 Habits of Highly Effective People
<b>Jan. 30</b>	2:00 - 3:00 p.m. (CT) 3:30 - 4:30 p.m. (CT)	The 7 Habits of Highly Effective People The 7 Principles for Making Marriage Work

### **Pre-Registration Notice**

- **Spaces are limited.** Contact Carmen Schacher at [ccschacher@primecare.org](mailto:ccschacher@primecare.org) or at (701) 530-7194; provide your name, employer/department name, phone number and e-mail address.
- The day before the webinar is being presented, an e-mail is provided to you with login information to the webinar as well as an outline of the material being covered.

*Thank You.*



# CHI St. Alexius Health

*Imagine better health.®*

## **Employee Assistance Program**

## **Enhancing Excellence in the Workplace**

*Staff Development and  
Leadership Training for  
Employees, Supervisors  
and Managers*

## **January 2018**

*CHISTAlexiusHealth.org*

# Leadership Training

**Audience:** Supervisors, Managers, HR Staff, Administrators

**Training Topic:** *The 7 Habits of Highly Effective People*  
By Stephen R. Covey

## *Presentation Highlights:*

Dr. Covey states that interdependence is a higher value than independence. In other words, knowing the 7 habits can be helpful in changing our lives and mind-set about ourselves while influencing others. The principles highlighted in this book can improve leadership style, career, and life.

## *Themes & Objectives:*

- Learn the components of the 7 Habits to personal and interpersonal effectiveness
- Discuss areas of improvement and self-reflection
- Learn tools to implement the 7 habits

# All Employee Presentation

**Audience:** Employees at all levels in the workplace

**Training Topic:** *The 7 Principles for Making Marriage Work*  
By John M. Gottman, PHD and Nan Silver

## *Presentation Highlights:*

John M. Gottman is a professor of psychology at the University of Washington and cofounder and codirector of The Gottman Institute. This book is a culmination of his life's work. He used scientific procedures to observe the habits of married couples in detail over many years. He has discovered there are 7 principles that guide couples on a path toward a harmonious and long lasting relationship.

## *Themes & Objectives:*

- Learn how John Gottman predicts divorce
- Learn and Explore The 7 Principles For Making Marriage Work
- Discuss tools to implement the 7 principles

*Presented by:*

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*Lindsay Severinson*

*This is one in an ongoing series of educational presentations provided as a courtesy of CHI St. Alexius Health Employee Assistance Program. The series is designed to strengthen leadership skills and to enhance motivation and productivity among all staff levels through the creation of a more positive work environment.*