



# Quest of the 8<sup>th</sup> Habit, Finding Your Own Voice

Develop tools to find their own voice and inspire others to find theirs.



## Overview

The Seven Habits of Highly Effective People still lingers in the minds of many. But we believe the 8th Habit is the cherry on the cake. In this loud noisy world, finding your own meaning could mean being able to speak up, sometimes being more audacious and sometimes shutting down others voices that are demeaning and intimidating. This can only happen when we first recognize & understand the power of our own voice.



## Learning Outcomes

This workshop intends to help learners explore the meaning of VOICE in correlation to their own identity, by developing ways to find your own and inspiring others to find their voice. To also develop mechanisms to detect & check and take corrective measures to ensure that we don't lose our voice.



## Your takeaways

1. Meaning of VOICE and why do we need it?
2. Video Discussion: Why do we choose to lose our voice?
3. The Whole Person Paradigm
4. Finding our own Voice – Tools and Technique
5. Inspiring others to find their voice – Tools and Techniques



## Program Details

- 90 + 90 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

