



## Book Club Meeting Agenda

Thursday, September 23, 2021

### The 7 Habits of Highly Effective People by Stephen R Covey

#### Habit 5: Seek First to Understand, Then to Be Understood

Where: Via Conference Call-

Conference Call Line: 1-605-313-5647

Participant Code: 896060#

Time: 7:00 - 8:00 pm

#### Discussion: Chapter Questions

1. **Empathic Listening (from page 251-255)-** *What do you think of empathic listening?*
2. **Diagnose Before you Prescribe:** “The skills, the tip of the iceberg of empathic listening, involve four developmental stages.”(page 260) 1- Mimic Content. 2- Rephrase the Content. 3- Reflect Feeling. 4- Rephrase the Content and Reflect the Feeling. *Jumping right to the most effective form of empathic listening: 4) Rephrasing content and reflecting the feeling. Do you already do this?*
3. **Understanding and Perception (begins on page 265) and Then Seek to be Understood (begins on page 267)** *Why does Covey consider this principle so important? What does he mean by it...and how is it relevant to your life?*
4. **General Question:** *Favorite quote?*

A short video on The 7 Habits on the CWC website:

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