

THE 7 HABITS[®] on the Inside



7 Habits on the Inside Testimonials: Staff

Eight years ago I presented my first “Inside” program to what looked like a University of Tennessee football game—orange everywhere. Since then, and hundreds of inmates later, I’ve witnessed an amazing reduction of recidivism through behavioral change. The “Inside” program presents inmates with the skills needed to choose significant over survival living on the outside.

—Dr. Leo Mediavilla

Naple’s Jail Center

Based upon the outcomes we’ve seen in Nebraska with both inmates and staff, I highly recommend The 7 Habits on the Inside for any correctional facility or system implementing the program. It works!

—Larry Wayne

Former Deputy Director – Programs and Community Services
Nebraska Dept. of Correctional Services

My favorite day of the week is Tuesday! It’s Tuesday when I have the opportunity to teach my co-workers about the 7 Habits. The 7 Habits has significantly changed my life both professionally and personally. I love being able to teach this to staff. To see them have “ah ha moments” is simply just awesome! The 7 Habits clearly builds a bridge of communication, understanding, and synergy between both staff and offenders.

—Niki Garcia

Program Manager
International Training Academy

I believe that the 7 Habits on the Inside program has allowed offenders the time and space to focus on themselves and to choose new paradigms. It gives them the opportunity to reflect on their past and to choose a new legacy. The program has created positive communities throughout our system and is aiding us in meeting our mission daily.

—Siobhan Burtlow

Warden
Fremont Correctional Facility
Colorado Dept. of Corrections

In my 25 years in corrections this one program has had a bigger and more positive impact in changing offenders’ lives than anything else I have seen.

—Terry Hamilton

Administrative Services Manager
Arrowhead Correctional Facility



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The 7 Habits on the Inside *Testimonials: Offenders*

I am serving a mandatory life without parole sentence. The 7 Habits on the Inside program changed my life. Since completing the program in 2007, I have had absolutely no disciplinary infractions. I now live my life on correct principles, focusing on my circle of influence and beginning each day with the end in mind. I now have empathy for others and want to leave a positive legacy. These positive changes in my life were only made possible because of the 7 Habits on the Inside “Lifestyle” and what I’ve learned in the class.

—Nick Hanegan

A good father, son, brother, husband, boss—even a good man. These are the titles I claimed to have but the problem was that I produced very little evidence in my life to support these titles. The reality is that the evidence I produced led to incarceration. The 7 Habits journey has challenged me to live life intentionally with purpose and meaning—to become a trustworthy person by living each day striving to become a man of character and integrity. This new 7 Habits based lifestyle coupled with my faith has changed my life.

—Peter Kim

For me, the 7 Habits of Highly Effective People serves two functions. On the one hand, it acts as a metric for me to gauge how I am living my life, and on the other it functions as a platform enabling me to work with others in order to affect positive change in the community. Most are going to return to society at large and it behooves me, as well as us all, to be sure that people are prepared and seeking to be highly effective.

—Michael Clark

I have served an arduous 31 years in prison. Needless to say, it has been a challenging journey, particular for my loving family and dedicated friends. Stephen Covey’s extraordinary work and the 7 Habits on the Inside program have filled a difficult journey with meaning, purpose and personally enriching contributions. The beauty I find in the relationships I enjoy, I owe to (1) my faith, and (2) to the character-building principles and habits espoused in 7 Habits.

—John Sherman

I’ve been incarcerated for over 3 decades and the question I am most often asked is “How do I cope?” The ability to control my own weather and working with others are important things I have learned from the 7 Habits on the Inside program. Prior to taking 7 Habits, I was all over the map. I never realized how inconsistent I was in my life with my words, actions and lifestyle. The principles I have learned from 7 Habits have helped me to gain stability and consistency.

—Dave Coleman

7 Habits has given me an ability to imagine more than what I’ve had. I now realize I have the freedom to choose regardless of my circumstances or environment, to be anyone I want to be by working on my private victory than utilizing the public victory to continue that growth by building healthy strong relationships to help me along my journey of effectiveness.

—Andrew Montano



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