

## The 7 Habits of Highly Effective People who Collaborate Across Professions

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Stephen Covey wrote the *Seven Habits of Highly Effective People* (1989). Over 15 million copies have been sold in thirty-eight languages. The book lists seven principles that, if established as habits, help a person achieve true interdependent "effectiveness". I took these concepts and applied them to the situation of interprofessional collaboration and teased out what has worked for me on my journey in the land of interprofessional collaboration.

| <b>Principles</b> |   | <b>Covey's Habit</b>                            | <b>Description of the Habit</b>  | <b>Basia's Application to Collaboration</b>  |
|-------------------|---|---|--|--|
| Independence      | 1 | Be Proactive                                    | <ul style="list-style-type: none"> <li>Reactive is blaming others and circumstances for obstacles or problems</li> <li>Proactive is taking responsibility with the power to choose a response</li> </ul> | <ul style="list-style-type: none"> <li>Believe in yourself and ability to succeed. Don't wait for others; initiate contacts and collaborations. Don't take no for an answer.</li> <li>Eg. Manuscript rejected: Reactive they don't get it. Proactive I didn't explain it clearly.</li> </ul>   |
|                   | 2 | Begin with the End In Mind                      | <ul style="list-style-type: none"> <li>Set long term goals, visualization</li> <li>Formulate a personal mission statement of one's perception of own purpose in life</li> </ul>                          | <ul style="list-style-type: none"> <li>Visualize your passion; being at the table with leaders in your field; funded; published.</li> <li>Purpose in life: making a difference</li> <li>Eg. Arthritis (rheum) → fatigue (nrsing) → MAF instrument (stats) → deconditioning → interventions (cardio) → physical activity (public health) → dissemination of EBHP</li> </ul> |
|                   | 3 | First Things First                              | <ul style="list-style-type: none"> <li>Framework for prioritizing work aimed at long-term goals</li> <li>Delegation</li> </ul>   | <ul style="list-style-type: none"> <li>Learning to saying no</li> <li>Eg. Two R01 grants not funded. Regroup. Build partnerships with HPRC. Assist with their funded study. Publish. Get visible. Reapply for private funding. Bingo: Funded.</li> </ul>   |
| Interdependence   | 4 | Think Win-Win                                   | <ul style="list-style-type: none"> <li>Mutually beneficial solutions sought that satisfy needs of self and others</li> </ul>   | <ul style="list-style-type: none"> <li>Working with teams: what do they want/need</li> <li>Eg. Partnership w/UW and service agencies. They want to improve outreach and increase # of people fed. How can I help?</li> </ul>   |
|                   | 5 | Seek First to Understand, Then to be Understood | <ul style="list-style-type: none"> <li>Be empathetic, listen to others, and if asked, then offer advice</li> </ul>   | <ul style="list-style-type: none"> <li>Sometimes you don't get what you want.</li> <li>Learn to move on. Sometimes it is better.</li> <li>Eg. After a grant was funded, removed from being a collaborator, painful, all for the best.</li> </ul>   |
|                   | 6 | Synergize                                       | <ul style="list-style-type: none"> <li>Problem solving, creative collaboration.</li> <li>Embrace and leverage innovation.</li> <li>The whole is greater than sum of the parts.</li> </ul>                | <ul style="list-style-type: none"> <li>Create opportunities to work with people who share your passion</li> <li>Eg. Offer to conduct site visits; offer TA, in return learn real world issues, publications</li> </ul>   |
| Renewal           | 7 | Self-renewal                                    | <ul style="list-style-type: none"> <li>Engage in recreational activities that allow for productive capacity</li> </ul>   | <ul style="list-style-type: none"> <li>Find colleagues w/common outside interests</li> <li>Eg. ACR and tennis, CDC and jogging</li> </ul>  |

