

Training Contents

Part I: The Life Skills Program– Background and Introduction	Week One
<ul style="list-style-type: none"> i. Introduction to the Life Skills Program ii. The Bridge Model: How Do We Build a Bridge From Information to Behaviour Change? iii. Identifying the Missing Life Skill 	

Part II: Skills of Knowing and Living with Ourselves	Week Two – Three
<ul style="list-style-type: none"> i. Self-awareness/Mindfulness ii. Self confidence iii. Respecting self iv. Managing emotions v. Personal responsibility (including dependability, integrity, and work ethics) 	<ul style="list-style-type: none"> vi. Positive attitude and self-motivation vii. Surviving tough times viii. Resilience ix. Abstinence and positive behaviours change
<ul style="list-style-type: none"> x. Abstaining from negative behaviour xi. Coping with Stress, Trauma and Loss xii. Equanimity xiii. Developing full potential xiv. improve self-perception by: 	<ul style="list-style-type: none"> xv. building self confidence <ul style="list-style-type: none"> a. building self esteem b. building self-worth xvi. Keeping a clean, organized space xvii. Proficient writing and note-taking xviii. Positivity. xix. Self-discipline

Part III: Interpersonal Relationships	Week Four – Five
<ul style="list-style-type: none"> i. Empathy ii. Peer Pressure Resistance iii. Negotiation 	<ul style="list-style-type: none"> iv. Conflict Resolution v. Effective Communication vi. Assertiveness
<ul style="list-style-type: none"> vii. Respecting others viii. Compassion ix. Communication (listening, verbal, and written) 	<ul style="list-style-type: none"> x. Cooperation, Collaborations and teamwork xi. Networking xii. Effective communication and negotiating xiii. Relationship networking

The Skills of Making Effective Decisions/Logical, informed decision making	Week Six to Seven
<ul style="list-style-type: none"> i. Creative thinking/Lateral thinking ii. Critical thinking/Perspicacity iii. Critical thinking and information analysis iv. Problem Solving v. Conflict management vi. Decision making 	<ul style="list-style-type: none"> vii. Personal Development <ul style="list-style-type: none"> a. An enterprising attitude b. Planning for future c. Personal goal setting d. Setting priorities and managing time e. Managing personal ambitions f. Making good choices
<ul style="list-style-type: none"> viii. Use of mass media and influence on behaviour ix. Personal leadership x. Managing personal finance xi. Choosing positive values 	<ul style="list-style-type: none"> xii. Understanding sexuality Health Related Issues xiii. Prioritizing and time management xiv. Using Google proficiently for online research xv. Money management