

9 Essential Life Skills

We have all made use of some life skills at different times with varying degrees. No one escapes challenges and problems; however, some of us are better equipped to handle them than others. You put yourself in a position to be able to handle challenges in the most effective manner possible. Nothing is catastrophic when you are skilled at managing your life. Everything becomes an opportunity for learning and an exercise for solving problems. You are in control of any situation because you know, in advance, that you have the capability of arriving at a solution. The confidence that comes with knowing you are up to the challenge overrides the strong emotional elements that tend to dominate when you are not in control. When you become proficient at employing the essential life skills, all problems become workable and manageable. Using the *9 Essential Life Skills* is about thinking and reasoning. It is about learning to put your feelings and emotions in the proper perspective, while applying logic and common sense. This is a four-day workshop.

What will students learn:

- Love yourself
- Know yourself
- Be true to yourself
- See the big picture and have a personal value system
- Put things into perspective
- Have an open mind
- Resilience
- Sense of humor
- Acceptance

What Topics are Covered?

- Why is it important to know yourself
- What does it mean to love yourself
- What does it mean to be true to yourself
- What is the big picture and a personal value system
- How does our perspective affect our lives
- What does it mean to have an open mind
- What is resilience
- Why is it important to have a sense of humor
- Why is it important to have acceptance

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion