

## **Life Skills & Relationships- Course Outline**

*This 12 week class (or 3 day seminar) to reduce recidivism by providing transitional life skills that enable offenders to successfully reintegrate into society*

**Benefits:** *Helping reentrants understand autonomy of relationships during and after incarceration*

### **Session 1:**

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

### **Session 2:**

- Why relationships are important

### **Session 3:**

- What does love look like?

### **Session 4:**

- Three principles of building good relationships

### **Session 5:**

- Your relationships start with you

### **Session 6:**

- Relationships take both people

### **Session 7:**

- Relationships take skills

### **Session 8:**

- Taking action to change yourself

### **Session 9:**

- Relationships and anger

**Session 10:**

- Being trustworthy is the key to communication

**Session 11:**

- Conflict resolution in relationships

**Session: 12**

- A checklist for making and keeping healthy relationships