

# SOFT SKILL TRAINING

21st Century Life Skills Framework  
*(to create opportunities amidst 21st century challenges)*



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SOFT SKILL DEVELOPMENT INITIATIVE OF SAEIND

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## About Life Skill

**Life Skills** are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life (WHO)

### Why Life Skills :

- UNICEF defines Life Skills as “a behavior changes or behavior development approach designed to address a balance of three areas: knowledge, attitude and skills”.
- Life Skills, are essentially those abilities that help to promote physical, mental and emotional wellbeing and competence to face the realities of life.

## Categories of Life Skills

- **Social Skills and negotiation Skills**

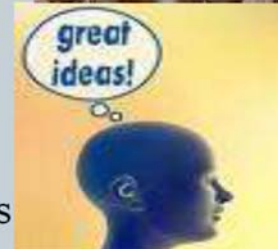
- Self Awareness and Empathy
- Effective communication
- Interpersonal relationship

- **Thinking Skills**

- Critical and Creative thinking
- Problem Solving & Decision making skills

- **Coping skills**

- Coping with stress and emotion



**Mode of Training:** One to One

**Duration** : Min. 30 Sessions (1-Hour Each)

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