

# LIFE MANAGEMENT SKILLS

## YOUTH AND YOUNG ADULTS

### LEARNING MODULES

26 sessions/2 hours per session

- DISCIPLINE, ACCOUNTABILITY & RESPONSIBILITY
- CHARACTER, INTEGRITY, RESPECT & STANDARDS
- CODE OF CONDUCT & PERSONAL PRESENTATION
- ASSERTIVE COMMUNICATION & SELF CONFIDENCE
- PROBLEM SOLVING & DECISION MAKING
- SOCIAL/INTERPERSONAL SKILLS
- THE MIND, EMOTION & BEHAVIOR CONNECTION
- EMOTIONS MANAGEMENT & CONFLICT RESOLUTION
- HEALTHY RELATIONSHIP BUILDING SKILLS
- THE COMPANY YOU KEEP
- GOALS DEVELOPMENT AND ACHIEVEMENT
- FAILING FORWARD
- SELF-CARE & LIFESTYLE BALANCE
- RESPONDING TO LIFE CHALLENGES
- PRE-VOCATIONAL SKILLS & CAREER PLANNING
- WORK ETHIC & PROFESSIONALISM
- ORGANIZATION AND TIME MANAGEMENT
- BUDGETING AND FINANCIAL MANAGEMENT
- MANAGING LIFE TRANSITIONS



**Sharon Thomas, MS**  
Therapist/Group Facilitator

*Change Begins with YOU!*

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