



## Life Skills Topics – 2 hour sessions

1.	What Makes You Unique? The Journey of self-discovery	Discover who you are and who you can be. Self-awareness is a critical life skill. Find out your strengths, weaknesses, passions, desires, how your emotions work and what makes you tick.
2.	The Power of Habits	The Impact of good, consistent behaviour on your success. How to develop good habits.
3.	Facing Your Fears	We all have fears, but learn how to face your fears and not let them control you.
4.	Coping with Failure	Being willing to risk failure is the only way to success. How do I start to see failure in a positive light; lessons learnt.
5.	Setting goals	All successful people are goal orientated. What is a goal, how do I set goals and how do I stick to them?
6.	Leading Myself	Before you can lead anyone else, you need to know how to lead yourself. This is about taking charge of your life.
7.	Self-discipline	Self-discipline is about doing the small things well and consistently in my life. It is about delayed gratification and focusing on long term goals.
8.	Assertiveness	Assertiveness is a leadership quality. How do I learn to say what needs to be said, even in difficult conversations?
9.	Managing Time	Time management is Self-management. How do I learn to prioritise and schedule the right things at the right time?
10.	Handling Conflict What is your style of dealing with conflict?	Avoid, attack, ignore, negotiate? Find out how you can be better at resolving conflict situations.
11.	Communication Skills	How to communicate effectively. This includes listening, observational skills, asking questions and giving feedback.
12.	Relationship Skills	How to get along with people. How to be the person that is not just liked but is respected.
13.	Major life decisions. Making wise choices	Our choices shape our lives. How do we learn to make good choices and decisions and to avoid regrets and unnecessary troubles?
14.	Living my Values	What are values, why are they important and how do I know what mine are?
15.	Being a Good Citizen	What does it mean to be a responsible South African citizen? What are my roles and responsibilities?
16.	Understanding & Finding Your Potential	What is potential? Who has potential? How do I unlock the potential within me?
17.	Discovering your Gifts and Talents	All of us have gifts and talents. How do we know what they are and how do we use them effectively?
18.	Finding Your Purpose	What is my purpose? How do I live life with purpose? How do I find the direction I should be taking in my life?
19.	The Power of a Dream	A dream is a positive picture of the future that inspires you to action. How do I discover and learn to follow my dreams?
20.	Making a difference to Others	Life is not just about living for ourselves. How do I live a life that makes a positive impact on the people around me?

21.	Believing in Myself	Negative thoughts and self-sabotaging behaviors can prevent you from fulfilling my potential. Learn to believe in yourself, even when others don't?
22.	Creating Balance in my Life	How do I ensure that I pay attention to not just work, but to the social, mental, physical and spiritual areas of my life? This is about personal wellness.
23.	Never Giving Up when Life gets Tough	How to develop resilience in my life that enables me to bounce back whenever life knocks me down?
24.	Fixed vs Growth Mindset	How do I develop a mindset that tells me that life CAN get better, this isn't all it can be and I too can learn and grow and become more than I am now?
25.	A Winning Attitude	A man's only disability is his bad attitude. Find out about the importance of a positive attitude and how it can be developed.
26.	Life Long Learning	Learning and growth is our personal responsibility. How do I develop a plan to maximize my potential to become the person I could be?
27.	Making a Success of my Work	What factors impact on success at work and how can I apply them in my life?
28.	Being a Person of Influence	Leadership is 'influence'. Learn how to grow your circle of influence, to be able to get things done, both at work and in your personal life.
29.	A Life of Courage	Find out about the six Attributes of Courage and how to implement them in your life.
30.	A Grateful Heart	In the midst of life's struggles an attitude of gratitude can pull you through and keep you positive.
31.	Working in Teams	More than ever, the ability to work well in a team is crucial to anyone's potential to succeed at work. Find out the importance of teamwork and how to be a good team player.
32.	Coping with Change	In a fast-changing world, where so little stays the same, learn how to cope and succeed no matter what change happens at work or at home.
33.	Character and Ethics	Les Brown said, "In the end, it is the person you become, not the things you achieve, that is most important." Learn how to become a person of character.
34.	Handling Feedback and Criticism	Criticism can be difficult to receive but is key to our growth and development. Learn how to receive and give feedback.
35.	Interview Skills	Learn how to conduct yourself in an interview to give yourself the best chance of making a good impression
36.	Writing Your CV	How to build your CV in a way the gives clear and comprehensive insight to the person reading it.
37.	Working in a high-tech environment	Learn how to become comfortable using technology, smart phones and computers.
38.	Money and Me	Find out how to write a budget, how to save, how to get out of debt and how to invest wisely.
39.	Working in a multi-generational work place	There can be up to 4 generations in a business, and they all act and think differently. Find out how to understand, get on with and work alongside other generations.