

FACT SHEET

LIFE SKILLS TRAINING INTERVENTION

About this Course:

The Life Skills Training is a **Character-Building** intervention. It takes the learners on a journey of **Self-Discovery** and ignites the Human Spirit. The delivery of the training is designed to cause a mind shift that enables the learners to align their individual performance to that of the business.

Course Key Outcomes:

1. Personal Well-Being
2. Communication
3. Business Ethics
4. Time Management
5. Managing Personal Finances

Course Duration:

Two (2) Day Soft Skills Programme from 08h30 to 15h30. *Note: Alternative duration can be considered, within reason*

**“Engaging,
Interactive,
Stimulating and
Enriching Learning
Experience”**

Course Outline Summary

- How Assertiveness and Confidence impact individual performance
- Setting of SMART Goals both personal and professional
- How to use Communication Techniques Effectively
- How to deal with Conflict and Team Dynamics
- Apply Business Ethics Principles
- Plan, Prioritise and Manage Time Smartly and Effectively
- Understand, Develop and Apply Healthy Financial Well-being

Who should attend:

- All Employees

Proposed Cost:

On Request
(Minimum of 10 delegates)

Delivery Methodology

- Visual Media and Fit for Purpose Videos
- Workplace Simulation
- Group Discussions & Presentations

There is a strong focus on learning by practical application, thus lively discussions and simulations will be used to encourage participation for a greater understanding and to create real value.