

Why Life Skills?

The development of life skills helps us to find new ways of thinking and solving problems.

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. We help people tap into their full potential and define/achieve their goals for who they want to be and what they want to do.

Learning life skills is necessary to optimize your health and wellbeing.

The Life Skills & Coaching Programs is designed to encourage personal development in children, adolescents and adults and at the same time providing an outlet for stress; learning responsibility and the necessary skills to be successful individuals.

Personal development improves awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance the quality of life and contribute to the realization of dreams and aspirations.

- The Life Skills Courses are flexible to accommodate scheduling and training needs.
- The courses can be done on location or at the Just Africa Life Skills premises in Gordon's Bay.
- Individual or group sessions are available.
- All courses are supported by self-study materials.

These courses can be adapted to the particular age/s of a specific group and group dynamics and are therefore suitable for all ages.

Life Skills Courses

1. Personal Finance

- Budgeting
- Banking
- Insurance
- Investments
- Savings & Goals
- Basic skills & confidence in money management

Personal finance is the financial management which an individual or a family unit performs to budget, save, and spend monetary resources over time, taking into account various financial risks and future life events.



2. Study Methods

- Study Counselling
- Study Techniques
- Guidance in Setting Goals
- Guidance in Structure

Practical help and guidelines for productive study for your child.



3. Growth Mindset

Our intelligence and talents are not fixed traits. Our most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. A growth mindset creates a love of learning and resilience.

- Belief systems
- Mindsets, where do they come from?
- Individuality
- Changing your mindset
- Goals & endless possibilities



4. Setting Healthy Habits

- Know your habits
- Make a plan
- The habit loop

A healthy habit is any behaviour that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good. Healthy habits are hard to develop and often require changing your mindset.



5. Self-Esteem & Self-Awareness

- Understanding your emotions
- Coping with your emotions
- Being able to view yourself: thoughts, beliefs & behaviours
- Gaining objectivity

Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.



6. Social Skills

- Ways we interact with others
- Understanding and reading social cues
- Good social skills help us to become confident and independent

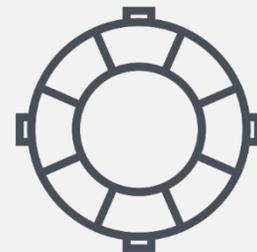
Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.



7. Stress Management

- Techniques to reduce stress
- Regain control of your life
- Satisfaction and contentment

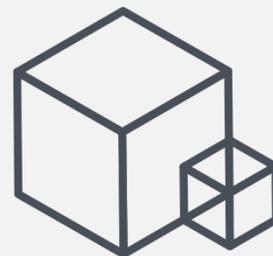
Stress management is a set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects.



8. Healthy Boundaries

- What are personal boundaries?
- Name your limits
- Giving permission
- Self-awareness

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.



9. Appearance & Character

- Making an impression
- Impact of appearance
- Self-awareness
- What you want to convey & how

Appearance is important to gain respect and build self-confidence. Our character is who we are and what we do. It is important that we have a foundation of strong character.



10. Communication & Conflict

- Types of communication
- How do I communicate?
- Bringing your message across
- Conflict cures
- Emotional intelligence

Effective communication serves a key role in successfully resolving conflict. Communication skills are important to living a happy and prosperous life.



11. Emotional Intelligence & Attitude

- Learn to be aware of, control, and express your emotions, and how to handle interpersonal relationships.

The skills that make up emotional intelligence can be learned at any time. The key skills for building your EQ and improving your ability to manage emotions and connect with others are: Self-management. Self-awareness. Social awareness.

An attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing. Attitudes have a powerful influence on our behaviour.



12. Time Management & Productivity

Time management is the process of planning and controlling how much time to spend on specific activities. Good time management allows you to accomplish more in a shorter period of time. Being productive lowers your stress, and helps you focus.

We all have very busy lifestyles and everyone can benefit from these practical tips on how to plan your day, studies, work, projects etc.



“Life isn’t about finding yourself. Life is about creating yourself.”

— George Bernard Shaw



How can these Life Skills Courses be implemented?

These courses make great topics for leadership or school camps or any teambuilding activities, life skills day camps or weekend getaways for corporate groups or couples. The courses can be presented on a weekly basis for a set time or condensed into a one-day course. It is designed to be flexible.

Who can join a Life Skills Course?

Families, couples, children, schools, teams, employees and individuals.

Any person who wishes to improve their lives by doing challenging or worthwhile things will benefit from these courses. Anybody who is interested in personal development, overcoming difficulties or improving relationships.

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Presentation

The presentation of the courses is designed to be insightful and fun, making the process of exploring these topics interesting, taking you on a journey to open your mind to new ideas and possibilities. This process can include demonstrations, activities, questionnaires, games, tasks etcetera, making the courses interactive and enjoyable. A platform is hereby created where individuals feel safe to communicate, share and explore while enjoying themselves.

Contact us for a tailor-made package for your school, institution, company, family or for an individual.

Course Prices

The course prices will vary greatly according to your specific needs such as group size or individual coaching sessions, venue and if you want to combine course topics or focus on one course.

Please contact us for a quote.