

Title of Training:

Life Skills (Training of Trainers and Youth)

Brief description

In this training we go into the concept of life skills. Life skills are seen as the ‘tools’ children need to have to become active and productive citizens in society. Teaching life skills requires a rethinking of the conventional teaching approaches commonly used in many educational systems around the world, which often have a strong focus on literacy and numeracy skills. Life skills training has proven to be an effective approach to empowering and supporting children, so that they become better equipped to deal with the difficult circumstances they may be facing. Studying life skill development also gives ample opportunity for self reflection by the caregivers, and to gain fresh insight into the role professionals can have in the development of children.

This training will focus on how to introduce life skills training with children, especially in a group setting (although also attention will be given how this can be used in individual cases). Life skills training can be organized, for example, for children that grow up in institutions, or children that have experienced violence. We will show that life skills education can be a valuable addition to a child’s daily routine and formal education.

Duration: 2-4 days (depending on the needs and wishes)

Course aims and objectives:

- To provide insight in the concept life skills (education)
- To give social workers and staff from service providers some basic ways how to use life skills training for children growing up in difficult circumstances
- To provide the trainees with tools to design a training

Course Content (varies according to wishes of participants)

- How to set up life skills training with children
- Theory and history of life skills (the scale model of competency)
- Communication skills
- Conflict resolution skills
- Relationship skills (including skills how to deal with sexuality, like learning how to say ‘no’)
- Decision making skills
- Self awareness skills and assertiveness
- Life skills games

For:

Teachers, staff of institutions, staff from international and national NGOs/CBOs, psychologists, social workers, educators, community workers. The trainings are usually conducted for a group of 8- 15 persons. Trainings are interactive and involve a healthy mix of theory, discussion, activities and reflection.