



## Life Skills

### Overview

This course is designed to teach case managers how to help individuals overcome barriers by learning important life skills. Life skills training promotes independence and builds confidence that will aid in sustaining independence.

### Learning Objectives

- Recognize personal beliefs and bias about life skills
- Understand how life skills serve as harm reduction and improve overall well-being
- Become more familiar with evidence-based strategies for life skills training
- Increase confidence in discussing and implementing life skills training with others

### Course Agenda

#### Module 1: Life Skills

- Three Types of Life Skills
  - o Thinking
  - o Social
  - o Emotional

#### Module 2: Self-Awareness

- Elements of Self-Awareness

#### Module 3: Decision Making & Problem Solving

- Critical Thinking
- Effective Communication
- Financial Literacy