

LIFE SKILLS

Build Confidence with Life Skills



Elevate's **Life Skills** training 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. This course is eligible for 3 CEU credit hours.

Class Format
On-site/virtual

CALL TODAY!

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ELEVATE



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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.