

## **Life Skills for Young Adults**

In order for young people to be successful in life they need the necessary tools to become successful. Life Skills for Young Adults equips them with the knowledge and skills needed to be able to compete and succeed in school, in business and in life.

### **Learn how to:**

- Build essential career skills: Resume building, Job searching techniques, Interview skills; learn what employers are looking for
- Improve Communication, public speaking and relationship building skills
- Polish your Image, appearance, Conduct, and etiquette skills
- Navigate life's challenges and become more Resilient
- Financial skills: Why saving is important, spending wisely, what is credit, and how to manage it.

### **Benefits & Outcomes**

- Increased confidence, self-esteem and ability to cope with life stressors
- Improved social, interpersonal, problem solving and decision making skills
- Effective communication, self-management, and Career readiness skills

### **Program Length**

4-hour interactive program

### **Resources**

- Learning Guide and Life Skills for Students book

Education + Inspiration = Motivation for Transformation

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