



## **LIFE SKILLS EDUCATION**

“Life Skills Education provides prevention and enrichment programs for commands, individuals and families that foster resilience, strengthen interpersonal competencies and address the special challenges of military life. Stress is a part of life, and how well people manage stress is an important indicator of their health and mission readiness. Life Skills Education offers tools to assist Sailors and family members to navigate and enhance their relationships at work and at home.”

### **Anger Management**

This workshop will provide participants with methods to effectively control and manage anger. Recognizing the sources and impact of anger and identifying the skills and techniques required to process, control and appropriately express anger will also be discussed.

### **Building Healthy Relationships**

This workshop provides tools to enhance healthy relationships and educate families to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

### **Communication Skills**

This workshop helps individuals use the power of communication to strengthen relationships at home and at work by practicing skills that build effective two-way communication. Participants will be provided information and techniques on how to express feelings and ideas accurately and effectively.

### **Conflict Management**

This workshop helps individuals manage conflict by examining their attitudes and behaviors when faced with conflicting situations, practicing skills that prevent conflict from escalating and working with others to solve problems, allowing growth, successful mission and strengthened families.

### **Personal Improvement**

This workshop focuses on personal improvement with the goal of enhancing efficiency. Topics will include decision making, goal setting, time management and team building. Participants will gain an understanding of how to utilize these skills to improve their quality of life both personally and professionally to augment future success.

### **Stress Management**

This workshop helps participants measure the effect of stressors in their lives against the symptoms and behaviors of the Operations Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.



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### **Stress Management Multi-Session**

These sessions will provide opportunities for participants to use their inherent skills to better manage stress, show how to transform negative thinking into positive beliefs, and apply universal and unconventional stress management strategies to enhance overall quality of life.

### **Systematic Training for Effective Parenting (STEP)**

This workshop provides parents with a realistic and practical approach to meeting the challenges of raising children today. Participants will face topics such as communication skills, positive discipline techniques, problem ownership, ways to build self-esteem and more.



For more information please call  
**333-2056/57**