

# Life Skills Topics

When clients are first enrolled in Homeward Bound, they are required to complete Life Skills. The Life Skills program content should be tailored to respond to the needs and interests of clients, a wide range of courses available covering many relevant topics.

Life Skills curriculum should be co-constructed, meaning that staff facilitate "a dynamic process in which what is taught and learned (the curriculum) is negotiated between teacher and students, rather than being solely pre-determined by the teacher" (Edwards, 2011).

Life Skills Topic	Description
<b>Communication and Assertiveness</b>	<ul style="list-style-type: none"><li>○ Understanding different communication styles</li><li>○ Non-violent communication techniques</li><li>○ Practicing communication in employment/interpersonal scenarios</li></ul>
<b>Conflict Resolution</b>	<ul style="list-style-type: none"><li>○ Communication in conflict situations</li><li>○ Understanding your conflict management style</li><li>○ Practicing conflict resolution strategies using scenarios</li></ul>
<b>Healthy Relationships</b>	<ul style="list-style-type: none"><li>○ Understanding power and control in relationships</li><li>○ Myths and facts about partner abuse</li><li>○ Understanding what makes a healthy relationship</li></ul>
<b>Stress Management, Wellness and Self-Care</b>	<ul style="list-style-type: none"><li>○ Understanding and dealing with stress</li><li>○ Grounding techniques and meditation</li><li>○ Making commitments to yourself</li></ul>
<b>Parenting</b>	<ul style="list-style-type: none"><li>○ Understanding different parenting styles</li><li>○ Understanding what influences your parenting style</li></ul>

<b>Goal Setting, Time Management and Learning Styles</b>	<ul style="list-style-type: none"><li>○ Effective time management techniques</li><li>○ Goal setting and goal prioritization</li><li>○ Understanding your personal learning style</li></ul>
<b>Self-Esteem</b>	<ul style="list-style-type: none"><li>○ Understanding what causes low self-esteem</li><li>○ Understanding the impact of low self-esteem</li><li>○ Strategies for improving self-esteem</li></ul>

**Additional Topics:**

- **Personality Dimensions**
- **Self-Advocacy**
- **Accessing Community Resources**
- **Financial Management**
- **Budgeting**
- **Teamwork**
- **Change Management**
- **Work-Life Balance**
- **Motivation**