

## *Dr. Sapna's*

### **LIFE- SKILLS ENHANCEMENT PROGRAM**

(FOR THE TEENAGERS AND THE YOUTH)

Academic curriculums world-over is over burdened with the tasks of supplying formal knowledge and testing its understanding and retention. Though these provide the base for earning money and status in a respectable manner, they do not in anyway prepare an individual to live a life of confidence and high self worth. Neither do they empower the youth with the most important skills like decision making, conflict resolution and relationships management. Unfortunately all the formal education is of little use when people crumble under the pressures of setbacks and failures. None of it prepares them to deal with depression, betrayal, layovers, addictions and losses.

This program empowers them with all the essential LIFE SKILLS that supplement and complement the formal education.

**Duration and Delivery:** Each of the following 10 Key skills demands a full day program in itself. Yet the institutes have the following flexibility:

- Choose any single topic for a full day (5 hours) experiential learning. OR
- Choose 4 topics to be delivered in a full day seminar pattern. This session is usually taken up as three full day seminars in one academic session spaced over 3 months each covering all the important skills. OR
- Choose single topics to be delivered in a 2 hours motivational session.

#### **Methodology:**

- Complete experiential learning with all the students involved in all the activities in the full day sessions. The activities would involve- Role-plays, games, discussions and action learning.
- Demo activities and at least one pen and paper exercise for all in the shorter sessions.

#### **SUPPLEMENT**

It is recommended that the LIFE SKILL ENHANCEMENT PROGRAM be supplemented with **SCIENTIFIC APTITUDE TESTING** of the students class 8<sup>th</sup> and above to equip them with a clearer path to career selection. This empowers them to work towards a life of their choice with clarity and confidence

We offer the **SCIENTIFIC APTITUDE TESTING** in the convenient set up of the educational institute at a much- subsidized rate packages specifically planned for mass testing. The reports, personally and painstakingly analyzed and drafted by International counselor Dr. Sapna Sharma, are delivered to the homes of each student by registered mail.

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## KEY SKILLS:

1. **Self Esteem Building-** Identifying the self and what is REALLY important. However, in the era of technology one is most disconnected from the self. This program prepares them to stay afloat even when the going gets tough by getting them to see the real self and showing them the way to connect with the self.
2. **Image building-** Most students are lost at their job interviews and in demanding social situation. This exercise prepared them to face the world with poise and confidence.
3. **Interpersonal Communication-** Though all of us talk, most of us are not consciously aware of the intricacies of communication that make or break the situation or relationships. Here the students identify their barriers and learn what is really important in communication.
4. **Emotions management-** Most of us go through life without understanding our own emotional patterns and how to deal with it. Far more difficult is to apply it for the significant others in our life. We help them to see each emotion and to identify how to manage each of these.
5. **Relationships management-** Relationships are the foundation of human existence. Every aspect of our life is in relationship with others. However almost all go through life groping in the darkness and dealing with every relationship experimentally. Life can be made more worthwhile if we can understand the essence of relationships and our own role in dealing with them. With us, the students practice some of the important aspect of relationships to actually understand them.
6. **Decision- making & Conflict resolution-** The decisions we make have real-world consequences, some immediate, and some delayed, affecting others and ourselves. Making the right choices could literally mean the difference between happiness and remorse, success and failure, and so on. We work on the need to be equipped with the ability to think through scenarios and situations that inevitably arise in our lives.
7. **Time management-** The constant struggle of man is to get so much done in the limited 24 hours. While in student life the demand is only of assignments and tests the burden goes on increasing with every stage of life. Equipping them to think of time as a manageable commodity would go a long way in helping them achieve much more happy life. We work with practical exercises with them.
8. **Thinking-** educators test students on specific data, and as such students will learn the specific data just for the test, often by rote memorization. Too often, then, students are not taught how to think through to solutions. Creative thinking for more interesting life is of course very rare. This session helps them to know about the various methods that can help them think beyond that what is obvious.
9. **Surviving difficult times-** there is no such atmosphere in general society that is as sympathetic and concerned with an individual's sense of self- esteem as the educational institutes and home. And in the real world failure and setback is everyday chance. Learning from failure teaches tenacity, gumption, character, and makes one tougher and more capable of navigating life's inevitable ups and downs. This session aims to inculcate this attitude and tenacity among the youth.
10. **Intra-dependence & Inter-dependence-** Man is a social animal and yet isolation is fast becoming the norm in today's self- focused world. This program aims to strengthen the self dependence in todays world at the same time inculcate the concept of community among the youths.