

LIFE SKILLS TRAINING CURRICULUM

A comprehensive **12-week** program designed to enhance essential life skills for personal and professional success.

Anitha Manjunath

Psychotherapist | Stress Management
Coach certified from International
association of counsellors & Therapist (IACT)





LIFE SKILLS TRAINING CURRICULUM

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SHRISTI
COUNSELLING

The image displays a collection of digital devices showcasing the curriculum's modules:

- WEEK:1** SELF-AWARENESS & PERSONAL GROWTH (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:2** MANAGING EMOTIONS & EMOTIONAL INTELLIGENCE (Anitha Manjunath)
- WEEK:3** COMMUNICATION SKILLS & ASSERTIVENESS (Anitha Manjunath, Internationally Certified Anxiety Management Coach | Psych)
- WEEK:4** INTERPERSONAL RELATIONSHIPS & TEAMWORK (Anitha Manjunath, Internationally Certified Management Coach | Psychotherapist)
- WEEK:5** PROBLEM-SOLVING & DECISION MAKING (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:6** REACTIVITY & CRITICAL THINKING (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:7** HANDLING PEER PRESSURE & BULLYING (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:8** CONSTRUCTIVE CRITICISM & RESILIENCE (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:9** GOAL SETTING & TIME MANAGEMENT (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:10** STRESS MANAGEMENT & COPING MECHANISMS (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:11** GROWTH MINDSET & SELF-CONFIDENCE (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)
- WEEK:12** STUDY SKILLS & CONTINUOUS LEARNING (Anitha Manjunath, Internationally Certified Anxiety & Stress Management Coach | Psychotherapist)

Other visible topics include: PERSONAL GOALS, MEDITATION, BREATHING, RECEIVING FEEDBACK, PROcrastination, TRIGGERS, VIBRAL CONTENT CREATION, CONFIDENCE, and WEEK:10.



Week : 1

Self-Awareness & Personal Growth

- **Understanding oneself:** Strengths, weaknesses, values, and beliefs
- Identifying personal goals and aspirations
- Mindfulness and self-reflection exercises
- **Activity:** Journaling for self-awareness





Week : 2

Managing Emotions & Emotional Intelligence

- Recognizing and regulating emotions
- Emotional triggers and responses
- Developing empathy and active listening
- **Activity:** Role-playing emotional scenarios





Week : 3

Communication Skills & Assertiveness

- Verbal and non-verbal communication
- Active listening and responding effectively
- Public speaking and presentation skills
- **Activity:** Mock conversations and feedback





Week : 4

Interpersonal Relationships & Teamwork

- Building and maintaining healthy relationships
- Conflict resolution strategies
- Teamwork and collaboration exercises
- **Activity:** Group project and trust-building exercise





Week : 5

Problem-Solving & Decision Making

- Critical thinking skills
- Analyzing problems and generating solutions
- Making informed decisions under pressure
- **Activity:** Case study analysis





Week : 6

Creativity & Critical Thinking

- Thinking outside the box
- Overcoming mental blocks
- Evaluating information critically
- **Activity:** Brainstorming session on real-world challenges





Week : 7

Handling Peer Pressure & Bullying

- Understanding peer influence
- Dealing with negative social pressures
- Standing up against bullying and harassment
- Activity: Role-playing peer pressure scenarios





Week : 8

Constructive Criticism & Resilience

- Giving and receiving feedback positively
- Building resilience and coping with setbacks
- Overcoming failures and learning from mistakes
- **Activity:** Peer feedback session





Week : 9

Goal Setting & Time Management

- SMART goal framework
- Prioritization techniques
- Overcoming procrastination
- **Activity:** Personal goal-setting exercise





Week : 10

Stress Management & Coping Mechanisms

- Identifying stressors and triggers
- Relaxation techniques (breathing, meditation, etc.)
- Developing a self-care routine
- **Activity:** Guided mindfulness session





Week : 11

Growth Mindset & Self-Confidence

- Developing a positive attitude towards challenges
- Building self-esteem and confidence
- Overcoming fear of failure
- **Activity:** Motivational storytelling and vision board creation





Week : 12

Study Skills & Continuous Learning

- Effective learning strategies
- Memory techniques and note-taking methods
- Building lifelong learning habits
- **Activity:** Final reflection and course review





Delivery Mode:

- Workshops & Interactive Sessions
- Group Discussions & Activities
- Case Studies & Real-Life Scenarios
- Role-Playing & Experiential Learning

