



LIFE SKILLS PROGRAMME FOR TEENAGERS

15-18 YEAR OLDS

Encouraging a future where you can
Dream It • Believe It • Achieve It

DAY 1 – LIFE SKILLS

Resilience and Coping
Strategies for Setbacks

Challenges and how to
manage them

Identifying and managing
your emotions

Strength, Weakness,
School and Home

DAY 2 – COMMUNICATION SKILLS

Listening and Speaking
Disagreeing Agreeably
Apologising Responsibly

Asking for Help

Respect for Others

Making new Friends

Consent and Communication

Managing Finances

DAY 3 – STUDY / CAREER SKILLS

Study Skills and plotting your
path to Success

College

Apprenticeships

Starting your own business
Setting goals and managing
your time

Problem Solving - Position,
Problem, Possibilities,
and Proposal

Youghal 16th - 18th April

Dungarvan 23rd - 25th April

For further information call 058-75000 or log onto www.thrivingteens.ie