

Introduction to

Life Skills

Afterschool CPD - Sessions Overview

Through a series of educational and informative workshops, based on practical hands-on experiences, this course is designed to give an appreciation of how the subject of Life Skills contributes more and more to everyday applications in the classroom and for Teachers to gain an insight, through a range of activities, to engage in furthering their mental, cognitive and emotional development.

Each session incorporates Role Play Activities, Power point Presentations, Key Vocabulary and Emotive Words exercises, on the subject of Neuroeducation, in addition to Reflection worksheets, Teacher Handouts and Evaluation Assessments.

Breakdown of Sessions for the [Life Skills](#) Workshops:

[Session 1: Language of Thoughts](#)

Learning opportunities for Teachers include:

- Fear
- Forgiveness
- Attitude
- Compassion

[Session 2: Ethics](#)

Learning opportunities for Teachers include:

- Values
- Reasoning
- Social and Emotional Cognitive
- Moral Development

Session 3: Human Behavior

Learning opportunities for Teachers include:

- Cultural Differences
- Moral Emotions
- Nonverbal Communication
- Bullying and Peer Pressure

Session 4: Life Skills

Learning opportunities for Teachers include:

- Negotiating
- Problem Solving
- Citizenship
- Kindness
- Patience

[Session 5: Affective Thinking](#)

Learning opportunities for Teachers include:

- Lateral Thinking
- Consciousness
- Optimism
- Productivity

[Session 6: Neuropsychology](#)

Learning opportunities for Teachers include:

- Sincerity
- Trust
- Empathy
- Identity
- Self-Concept