

Trainers – Training Workshop on Life Skills

Division of Education – SEAMEO RERAC

Trainers – Training Workshop on Life Skills is designed to:

- ✓ Infuse participants with needed knowledge and skills related to life skills;
- ✓ Train participants effective and lifelike teaching methods ;
- ✓ Provide guidance on how to design and organize the life skill practices comprehensibly and enjoyably;
- ✓ Provide participants with life skills related materials which can be used as the basis for future training at their institution.

Participants:

- -Staff of Student Affairs Office/Student Union
- Teachers/Lecturers
- Life skills Trainers/Facilitators

Module	Time	Courses
Module 1	Monthly	<ol style="list-style-type: none">1. Effective Communication Skills2. Conflict Resolution Skills3. Negotiation Skills4. Goal Setting and Team Building
Module 2	Monthly	<ol style="list-style-type: none">5. Effective Presentation Skills6. Critical Thinking Skills7. Problem-Solving Skills8. Decision-Making Skills
Module 3	Monthly	<ol style="list-style-type: none">9. Time Management and Organization Skills10. Active Learning Skills11. Character Building and Leadership Skills12. Money Management Skills



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