

Life Skills

DESCRIPTION:

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting on education, the workplace and our home life. To cope with the increasing pace and change of modern life, students and employees need new life skills such as the ability to deal with stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

OBJECTIVES:

Upon completion of this training, the participants will be able to:

- have ability to self-manage, solve problems and understand the business environment
- working well as part of a team
- to manage time and people
- agility and adaptability to different roles and flexible working environments
- cope with modern life/ technology



TRAINING CODE:

LISPD 15

DURATION:

15 hours / 3 hours for 1 day

MODE OF DELIVERY

- presentations
- group discussions
- role-playing
- self-assessing exercises

DESIGNED FOR:

This course is suitable for

(Level 1,2 &3)

CONTACT DEPARTMENT

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OUTLINE:

- Interpersonal skills
- Skills for building self-awareness
- Values analysis clarification skills
- Decision making
- Time management
- Coping with stress

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