



LIFE SKILLS

Building Skills to Focus on Success

Training Checklist

Session 1- Building Relationships and Communication Skills

- *Toolbox*
 - ☐ Rapid Rapport- An Essential Coaching Success Skill
 - ☐ Fast Friends Article- 36 Questions for Increasing Closeness
 - ☐ The Art of Focused Conversation
- *Activity*
 - ☐ Connector- What's Your Question? (Group)
 - ☐ Shallow to Deep Questions

Session 2- Interpersonal Relationships

- *Toolbox*
 - ☐ Boundary Script Starter
 - ☐ People Pleasing and How to Say No
 - ☐ Boundary Resources
- *Activity*
 - ☐ Connector- What's True for Me? (Group)
 - ☐ Identity Part 1: How Many Rooms are in your house
 - ☐ List of Values
 - ☐ Identity Part 2: Path Creating Your Mission Statement for Life and Work

Session 3- Emotional Intelligence

- *Toolbox*
 - ☐ 87 Human Emotions and Experiences
 - ☐ Emotional Intelligence Quiz
- *Activity*
 - ☐ Connector- Tent Pole (Group)
 - ☐ Sensory Emotional Shifters
 - ☐ Types of ANTS
 - ☐ The Work of Byron Katie
 - ☐ Emotional Shifter Playlist

Session 4- Self-Care and Coping

- *Toolbox*
 - ☐ Home Space Audit
 - ☐ Creating a Loving Space
 - ☐ Extreme Self Care Kit
 - ☐ Healthy Proven Ways to De-Stress
 - ☐ Burnout Definition
- *Activity*
 - ☐ Extreme Self Care Kit Example Answers

Session 5- Problem Solving

- *Toolbox*
 - ☐ Neurological Implications
 - ☐ Adaptability
 - ☐ The Role of AI in Problem Solving
- *Activity*
 - ☐ Connector- See Ya! (Group)
 - ☐ “Tiny Experiments” Experiential Learning (Group)
 - ☐ The 5 Whys
 - ☐ Rule of 10
 - ☐ Playing the What if Game

Session 6- Time Management

- *Toolbox*
 - ☐ Chronotypes
 - ☐ Planning Implications
 - ☐ Scheduling Considerations
 - ☐ 5 Challenges to Planning and Scheduling
 - ☐ Habits and Routines
 - ☐ Interruptions and Distractions
- *Activity*
 - ☐ The Pomodoro Technique (Group)

Session 7- The Role of AI

- *Toolbox*
 - ☐ AI Life Skills Challenges
 - ☐ AI Prompt Guides for Youth
 - ☐ AI Tools Guide for Youth
- *Activity*
 - ☐ The Pomodoro Technique (Group)