



LIFE SKILLS COURSES **of Liberation Practice International**

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Liberation Practice International provides several levels of Life Skills Courses:

1. Level 1 for the beginner for his/her self-development and as the basis for the potential facilitator to be aware of the fullness of the Life Skills course before preparation to deliver it.
2. Level 2 for those who have completed the Level 1 course. This is to upgrade, enhance and reinforce the skills and research begun in Level 1.
3. Level 3 for those who wish to grow strong in facilitating and delivering Life Skills to youth or adults. Successful completion of Levels 1 and 2 are the prerequisites for Level 3. Applicants are also expected to have already completed a degree or relevant qualification.

United Nations Inter-Agency Meeting in April 1998:

“Life skills education is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way; it contributes to the promotion of personal and social development, in the prevention of health and social problems, and the protection of human rights.”

The Life Skills Courses of Liberation Practice International focuses on three (3) broad areas, which require the internalisation of knowledge, skills, attitudes and values into the self and daily practice.

- Psychosocial Skills – intra and inter-personal;
- Societal Skills;
- Occupational and Livelihood Skills.

Life Skills act as a link between motivating factors: the knowledge of positive behaviours, action and behaviour change. Life Skills therefore create the capacity and will to choose and implement desired choices. The aims of the Life Skills courses – Levels 1 and 2 are:

- Encourage self development and emotional intelligence
- Promote self-esteem and self-responsibility
- Develop critical thinking and decision-making skills
- Discourage indulgence in high risk behaviours
- Develop strategies for stress management
- Cultivate good health habits and support personal well-being
- Foster harmonious interpersonal relationships in society
- Develop positive social skills
- Develop self-sufficiency and self-reliance

- Become responsible citizens cognizant of civic rights and responsibilities
- Encourage the spirit of volunteerism and community involvement

Level 3 prepare the participant to be a coach, a facilitator, capable of delivering Life Skills to youth and adults and achieving the aims of the Levels 1 and 2 courses with them.

Each Life Skills course comprises 7 modules, which are developed into 30 units:

LIFE SKILLS COURSE MODULES AND UNITS

Module 1 SELF LOVE

EMANCIPATION: SELF AWARENESS

Multiple Intelligences

1. Systemic Chatter
2. Self Esteem and Self Direction
3. Exploring Values
4. Assertiveness

ENERGY OF POSSIBILITY

5. Nutrition
6. Fitness
7. Stress Management
8. Drug Education

CONNECTION

EXPRESSION: COMMUNICATION

9. Processes, Forms, Barriers
10. Acknowledging Assumptions and Perspectives
11. The Gift of Listening
12. Exploring Emotions
13. Exploring Conflict and Healing Dynamics

ENGAGEMENT: RELATIONSHIP SKILLS:

ACKNOWLEDGING POWER DYNAMICS

14. Parenting
15. Gender and Relationships
16. Human Sexuality and Sexual Health
17. Relationships in the Workplace

SOCIAL TRANSFORMATION:

ENTITLEMENT/ENVIRONMENT:

COMMUNITY BUILDING

18. Valuing Your Ancestry
19. Citizenship – Maintaining supportive relationships in the community
Fostering positive relationships with the challenged in the community
20. **EXERCISE OF POWER: LEADING FOR POSITIVE CHANGE**
20. Creating Awareness of Community Issues for Change
21. Leadership

PERSONAL PARTICIPATION AND TRANSFORMATION

22. Public and Customer Relations
23. Public Speaking

24. Goal Setting and Time Management
25. Budgeting
26. Savings and Investment
27. Consumerism
28. Entrepreneurship
29. Job Search and Employable Skills
30. Ethics in the Workplace

The modules and units in the Life Skills course focus on assisting the participant to manage change in the current global environment. The units assist in self reflection, self assessment and personal development planning and execution; so that decisions could be made for improving one's functioning at home, in the workplace and in the community. The Life Skills Course encourages the development of a core set of skills; respect for human life, appreciation of family and community values, and moral issues, an informed respect for cultural heritage and the support and promotion of a culture of entrepreneurship.

TRAINING METHODOLOGY

The instructional strategies included in this curriculum are appropriate for adult learning. Delivery of the training follows an interactive experiential approach that allows time for reflection, constructing meaning and problem-solving. Recommended instructional strategies include modelling and role play, case studies, group work, discussion, debate, story-telling, peer-supported learning and experiential learning.

The teacher roles for such engaged learning is facilitator guide, co-learner and co-investigator while the trainee roles encompass explorer, cognitive apprentice and producer of knowledge (Jones, 1994). The Level 3 learner prepares to facilitate using a similar approach as has benefited him/ her in Levels 1 and 2.

The **Life Skills Portfolio** is a purposeful collection of the participant's work that tells the story of his or her efforts, progress, and achievement (Arter, 1992). It also includes evidence of learner's self reflection, self assessment, personal development plans and competency based learning. It enhances learning, instruction and assessment.

The Life skills portfolio is a collection of working pieces, reflections, self assessment checklists from every unit. The developmental portfolio shows the learner's progress towards completion and mastery of the performance tasks and the aims of each life skills module. It enhances learning through the process of reviewing, revising and evaluating the final product. The feedback serves a diagnostic purpose and shapes further instruction and learning.

The participant in the Life Skills Courses of Liberation Practice International is given a **Liberation Practice International Life Skills Training Reflective Workbook**. The participant receives additional instructions and materials of each unit after the one before is completed and given in for review. After feedback, the participant may have some modification to make in case all is not completed well. After this he or she is given the material of the next unit, until all 30 are completed. The successful participant is then **certified at that level**.