



# Life Skills

Increase your self-confidence in this engaging course. You'll build your skills in communication, problem solving and relationships that you can use every day.

You'll also learn about yourself and your actions in relation to other people in the Life Skills group and in a potential workplace.

We'll cover topics including self-esteem, trust, team work and identifying types of behaviours. Practice your new skills on your own as well as in small groups.

## When you finish this course, you will:

- » have conflict resolution skills that you are comfortable using
- » have creative problem-solving and decision-making strategies
- » have improved communication skills
- » have ways to manage stress

## More than just a class

- » Meet new people and build a social network
- » Take part in interactive learning activities
- » Experience campus life at Mount Royal University

## FOR MORE INFORMATION CONTACT:

### Transitional Vocational Program

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