



Life Skills

This course assists adults with developmental disabilities to further explore self-identity and build self-confidence. It is designed to enhance communication skills with a greater emphasis on problem solving and learning to cope more effectively with day to day affairs. Individual exercises and group work provide opportunities to develop and practice skills for interaction with others. An experiential approach allows students to develop and integrate skills into five areas of their life: Self, Family, Community, Leisure and Work



Improve and increase your confidence!

More than just a class...

- Participate in interactive learning activities!
- Experience Mount Royal University!
- Meet new people!
- Build self-confidence and independence!

For more information contact:

Transitional Vocational Program

4825 Mount Royal Gate, Calgary, AB T3E 6K6
(Office located on the 2nd level in **M200**)
Phone: 403.440.6872 E-Mail: tvpm@mtroyal.ca
www.mtroyal.ca/tvp

Upon completion of this Course, the student will....

- ✓ Increase awareness of self and self-confidence
- ✓ Understand the aspects of trust and risk taking
- ✓ Practice skills for efficient teamwork
- ✓ Develop and demonstrate effective communication skills
- ✓ Differentiate passive, aggressive, and assertive behavior
- ✓ Identify encouraging and negative behaviours and attitudes required for success in the work place.
- ✓ Evaluate the amount of choice and control in their life and identify ways they give up control
- ✓ Implement strategies for conflict resolution
- ✓ Explore and utilize methods for stress management
- ✓ Utilize the journal as a tool for self-reflection that aides in the identification of learning and growth.
- ✓ Explore different ways of looking at problems and practicing creative strategies for problem solving and decision making.

