

# ***Boosting Life Skills : an introduction course syllabus***

## **Week 1**

An introduction to building self-confidence  
What is self-confidence and why does low self-confidence impact results?  
Taking small steps  
Avoiding comparisons  
Using our values

## **Week 2**

Understanding Personality Styles – an introduction (part 1)

## **Week 3**

Personality Styles (part 2) – What about our behaviour?  
Personality Styles (part 3) – Appreciating, and working with, Style differences  
How we can be positive about change  
How we can be positive about setbacks  
How we can be positive about challenges

## **Week 4**

How we can be positive about criticism  
How we can be positive about rejection  
How we can be positive about mistakes  
How we can be positive about risks  
How we can be positive about weaknesses

## **Week 5**

How we can be positive about moving on from a bad situation  
How we can say 'no'  
How we can use our strengths  
How we can use 'doing what we enjoy'  
How we can use goals and make them work for us

## **Week 6**

How we can develop courage  
How we can develop self-motivation and stop procrastination  
How we can move out of our comfort zone and build self-confidence  
How we can keep a calm mind and make confident decisions  
How we can learn more effectively by using our preferred learning style  
How we can take a positive approach to social media

## **Week 7**

How we can improve our thinking  
How we can break a destructive habit  
How we can create positive self-talk