Life Skills Training for Youth Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Life Skills Training for Youth Training Course is designed to equip young individuals with practical knowledge, essential competencies, and personal development strategies to thrive in modern society. This comprehensive program emphasizes critical thinking, emotional intelligence, communication skills, problem-solving, and decision-making, empowering youth to navigate challenges and make informed choices. By integrating interactive learning approaches, real-life scenarios, and mentorship, the course prepares participants for academic success, career readiness, and personal growth.

In addition to personal development, the course addresses social awareness, leadership, resilience, financial literacy, and goal-setting skills. Participants will engage in dynamic activities, group discussions, and case studies that reinforce the application of life skills in everyday situations. The curriculum aligns with global youth development trends, ensuring participants gain relevant knowledge, confidence, and competencies to excel in diverse environments, contributing positively to their communities.

Programme Curriculum

Life Skills Training for Youth Training Course

Introduction

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Course Objectives

By the end of this course, participants will be able to:

1. Develop effective communication and interpersonal skills.
2. Enhance emotional intelligence and self-awareness.
3. Improve decision-making and problem-solving capabilities.
4. Build leadership and teamwork skills.
5. Strengthen resilience and stress management strategies.
6. Understand goal-setting and personal development planning.
7. Acquire time management and organizational skills.
8. Develop financial literacy and budgeting skills.
9. Apply critical thinking and analytical reasoning in real-life situations.
10. Promote social awareness, civic responsibility, and community engagement.
11. Strengthen digital literacy and responsible online behavior.
12. Foster creativity, innovation, and adaptability in challenging scenarios.
13. Utilize conflict resolution and negotiation skills effectively.

Organizational Benefits

- Improved youth workforce readiness.
- Increased productivity through enhanced soft skills.
- Better decision-making capabilities among participants.
- Strengthened community engagement initiatives.
- Reduced youth stress and conflict management issues.
- Enhanced leadership pipeline for organizations.
- Improved collaboration and teamwork culture.
- Higher participant retention in educational programs.
- Greater innovation and problem-solving within youth initiatives.
- Enhanced overall social responsibility of participants.

Target Audiences

- High school and college students.
- Youth leadership program participants.
- Young professionals entering the workforce.
- Community youth development organizations.
- NGOs focused on youth empowerment.
- Government youth initiatives and agencies.
- Mentors and coaches working with youth.
- Career guidance counselors and educators.

Course Duration: 5 days

Course Modules

Module 1: Communication and Interpersonal Skills

- Understanding verbal and non-verbal communication.
- Active listening techniques.
- Public speaking and presentation skills.
- Conflict resolution in communication.
- Building rapport and trust.
- Case study: Effective communication in team projects.

Module 2: Emotional Intelligence and Self-Awareness

- Recognizing and managing emotions.
- Empathy and social awareness.
- Self-reflection exercises.
- Stress recognition and management.
- Emotional regulation techniques.
- Case study: Handling emotional challenges in school environments.

Module 3: Decision-Making and Problem-Solving

- Identifying problems effectively.
- Evaluating solutions critically.
- Risk assessment and mitigation.

- Creative problem-solving methods.
- Applying logical reasoning in decisions.
- Case study: Solving community-based challenges.

Module 4: Leadership and Teamwork

- Leadership styles and their impact.
- Building and managing effective teams.
- Delegation and accountability.
- Motivation and team engagement strategies.
- Collaborative problem-solving exercises.
- Case study: Leading a community volunteer project.

Module 5: Goal Setting and Personal Development

- SMART goals framework.
- Action planning and monitoring progress.
- Overcoming obstacles to success.
- Self-motivation techniques.
- Tracking achievements and learning from failures.
- Case study: Personal development plan for youth career success.

Module 6: Time Management and Organizational Skills

- Prioritization techniques.
- Effective scheduling strategies.
- Overcoming procrastination.
- Tools for personal organization.
- Balancing academics, work, and social life.
- Case study: Efficient project management for student initiatives.

Module 7: Financial Literacy and Budgeting

- Basics of personal finance.
- Budget creation and monitoring.
- Savings and investment principles.
- Managing debts and expenses.

- Planning for short-term and long-term financial goals.
- Case study: Creating a financial plan for a college student.

Module 8: Digital Literacy and Responsible Online Behavior

- Navigating online resources safely.
- Social media etiquette.
- Cybersecurity awareness.
- Evaluating digital information credibility.
- Balancing screen time and productivity.
- Case study: Managing digital reputation for career growth.

Training Methodology

- Interactive lectures and presentations.
- Group discussions and role plays.
- Practical exercises and simulations.
- Case study analysis and reflection.
- Mentorship and peer-to-peer learning.
- Feedback sessions and performance evaluations.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com