

## Core Skills and Learning Focus

The program has the following focus:

- Leadership
- Critical Thinking Skills
- Self-Awareness
- Responsibility and Accountability
- Healthy Boundaries
- Emotional Intelligence, Management and Health
- Behavior Management (Self-guided)
- Communication Skills and Techniques (Both proactive and responsive)
- Building Relationships and Agreements between two parties (or people, or a group of people)
- Power Dynamics (Internal and External)
- The Basis of Addictions (all kinds)
- Acceptance, Surrender and Forgiveness
- Life Skills Applications
- Many More . . . .

