

10 LIFE SKILLS YOUR TEEN NEED!

Suitable for students: 13 to 19 year old

1. BASIC COOKING SKILLS

Make sure your child can prepare a few simple, healthy, economical dishes and understands how the high cost of dining out can destroy a budget and a waistline.

2. MONEY MANAGEMENT SKILLS

Make sure your child knows how to live within a budget, and understands the pitfalls of using credit irresponsibly..

3. PERSONAL HEALTHCARE KNOWLEDGE

Ensure that your child knows how to self-diagnose simple illnesses, knows how to check his or her own temperature, and knows which over-the-counter medications to take for which symptoms.

4. SOCIAL SKILLS AND MANNERS

Skills that will help your child make a good first impression with new acquaintances.

5. AUTO MAINTENANCE SKILLS.

It's important for your to know how often her car should be serviced and how to change a tire in an emergency.

6. ESSENTIAL DOMESTIC SKILLS

Your teen should know how to do his/her own laundry, clean his/ her own dorm room or apartment, & handle small household emergencies like a clogged toilet.

7. BEING A GOOD JUDGE OF CHARACTER

Help your teen learn to assess whether someone is a good friend who will help him to be his best

8. WORK SKILLS & BASIC RESPONSIBILITY

Help your teen learn to assess whether someone is a good friend who will help him to be his best

9. ABILITY TO DISCERN BETWEEN LOVE & INFATUATION.

Young adulthood is a season of lots of romantic stops and starts. Make sure your child understands the difference between the kind of mutual love you can build a marriage on.

10. ABILITY TO ADMIT FAULT AND START OVER.

We all make mistakes. Help your child learn how to say, "I'm sorry, I was wrong," and take responsibility for those mistakes

The above programs are **customisable**



Energising WellnessTM Program
Enriching Mind, Body, & Soul