IMPORTANCE OF LIFE SKILLS

Why Life Skills?

Most individuals do not think of the need for being aware of 'SELF'. And most often, we do not pay attention on understanding our own strengths and weakness and the opportunities available and ahead of us. This sometimes results in low self esteem, inability to handle pressures at work and in personal lives, eventually ending up in Depression.

What is Life Skills all about?

UNICEF defines life skills as "a behavior change or behavior development approach designed to address a balance of three areas: KNOWLEDGE, ATTITUDE, and SKILLS".

WHO defines life skills as "the abilities for ADAPTIVE and POSITIVE Behavior that enable the individuals to deal effectively with the demands and challenges of EVERY DAY LIFE.

Who require this?

It is applicable for everyone (from children to Adults), who would like to be most successful in career and look for a quality personal life. Ideally if these skills are given from school age, the effect will be seen when the individual is ready to take decisions related to their choice of career and accordingly the selection of courses, be it professional or otherwise. Sometimes we are baffled with indecisive situations and to find answers become a herculean task. In such tricky situations, life skills help to bridge the gap.

Categories of Life Skills: 'WHO' has categorized most important 10 life skills under three broad categories:

THINKING SKILLS: Self awareness, Critical thinking, Problem solving, Decision making, and Creative thinking.

SOCIAL SKILLS: Effective Communication, Empathy, and Interpersonal relationships.

EMOTIONAL SKILLS: Dealing with Emotions and Coping with stress.

Ask the famous basketball player Larry Bird about what constitutes a winner , he says," A Winner is someone who recognizes his God-given talents, works his tail off to develop them into skills and uses these skills to accomplish his goals".

A HAPPY AND STRESS FREE MIND TRANSLATES TO A HEALTHY LIFE.

 Do fix up an appointment with Counseling Psychologist at CCS to EXPLORE more.