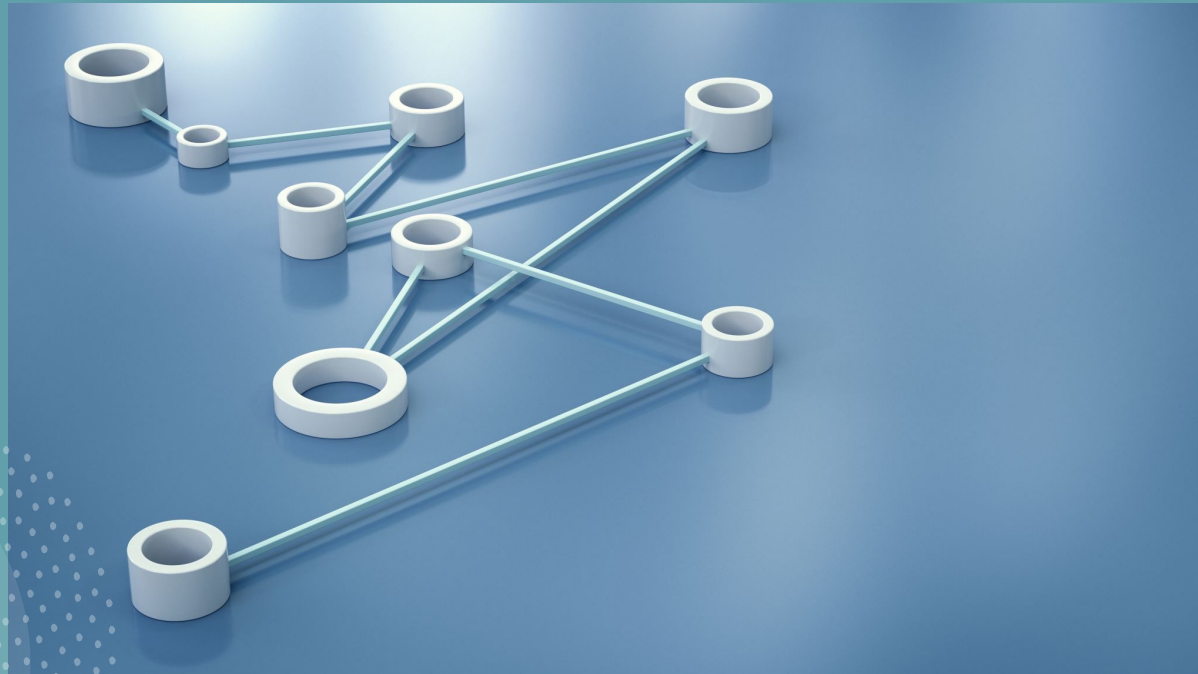
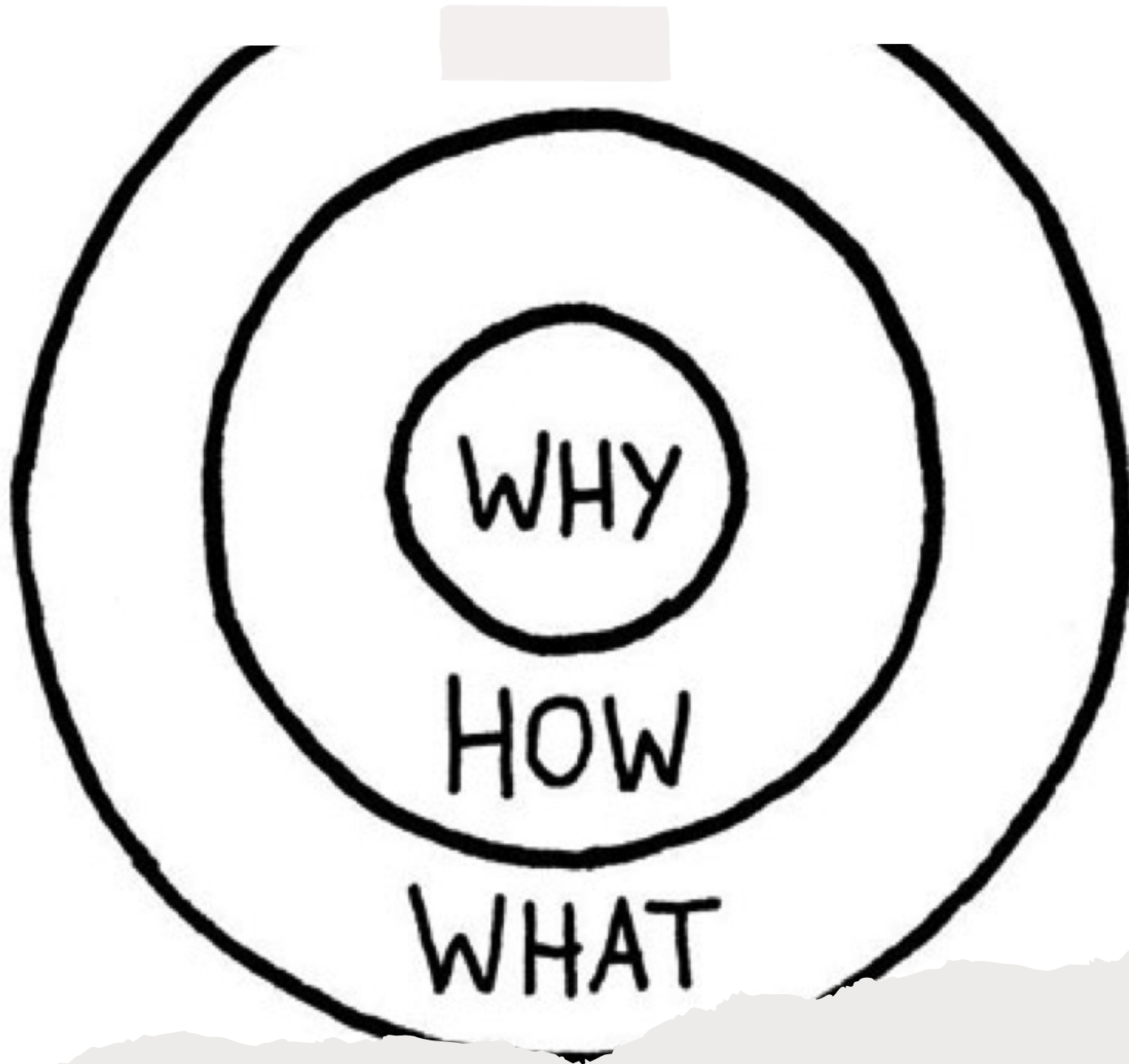


# Introduction of the concept Life Skills









## today's challenge: coping with complexity



- Know
- Know-how
- Know how to be
- Know how to change





# LIFE SKILLS

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“a set of skills that lead to positive and adaptive behaviors that enable the individual to cope effectively with the demands and challenges of everyday life” (WHO, 1993)

Top 10  
core life skills  
recommended  
by WHO





# Life skills vs my life

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SHARE EXPERIENCES, CHALLENGES,  
SUCCESS STORIES, DIFFICULTIES IN DEALING  
WITH THE LIFE SKILLS IN THE LIST



# Life skills vs my life

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## GROUP 1

1. SELF AWARENESS
2. PROBLEM SOLVING
3. CREATIVE THINKING
4. EFFECTIVE COMMUNICATION
5. CRITICAL THINKING

## GROUP 2

1. COPING WITH EMOTION
2. DECISION MAKING
3. INTERPERSONAL RELATIONSHIP SKILL
4. EMPATHY
5. COPING WITH STRESS





# Life skills vs my life

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## GROUP 1

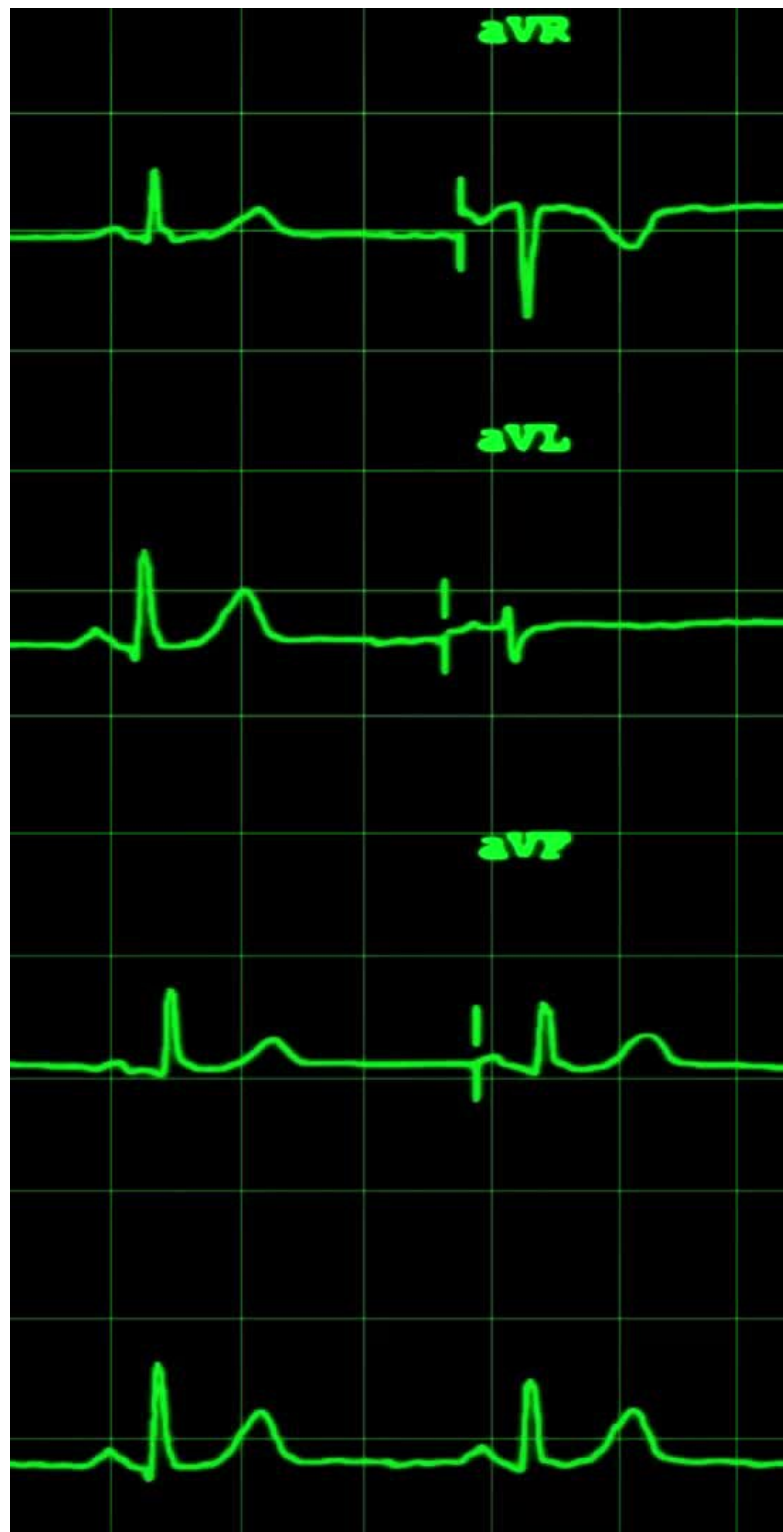
1. INGRID
2. ALBERTO
3. TANJA G
4. ELEN
5. TOM
6. PIER FRANCESCO

## GROUP 2

1. HENRIETTE
2. ROBERTA
3. TANJA K
4. NATHAN
5. INDREK

# Coping with emotions

Be aware of how emotions influence behavior so that you can manage them appropriately and regulate them appropriately. At the basis of self-knowledge, there is knowing how to recognize one's own emotions and then those of others.



## Coping with stress

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- It is the ability that allows us to recognize and control sources of tension, in order to reduce or cancel their impact, through changes in the environment, in lifestyle or by developing the ability to relax.





# Self awareness

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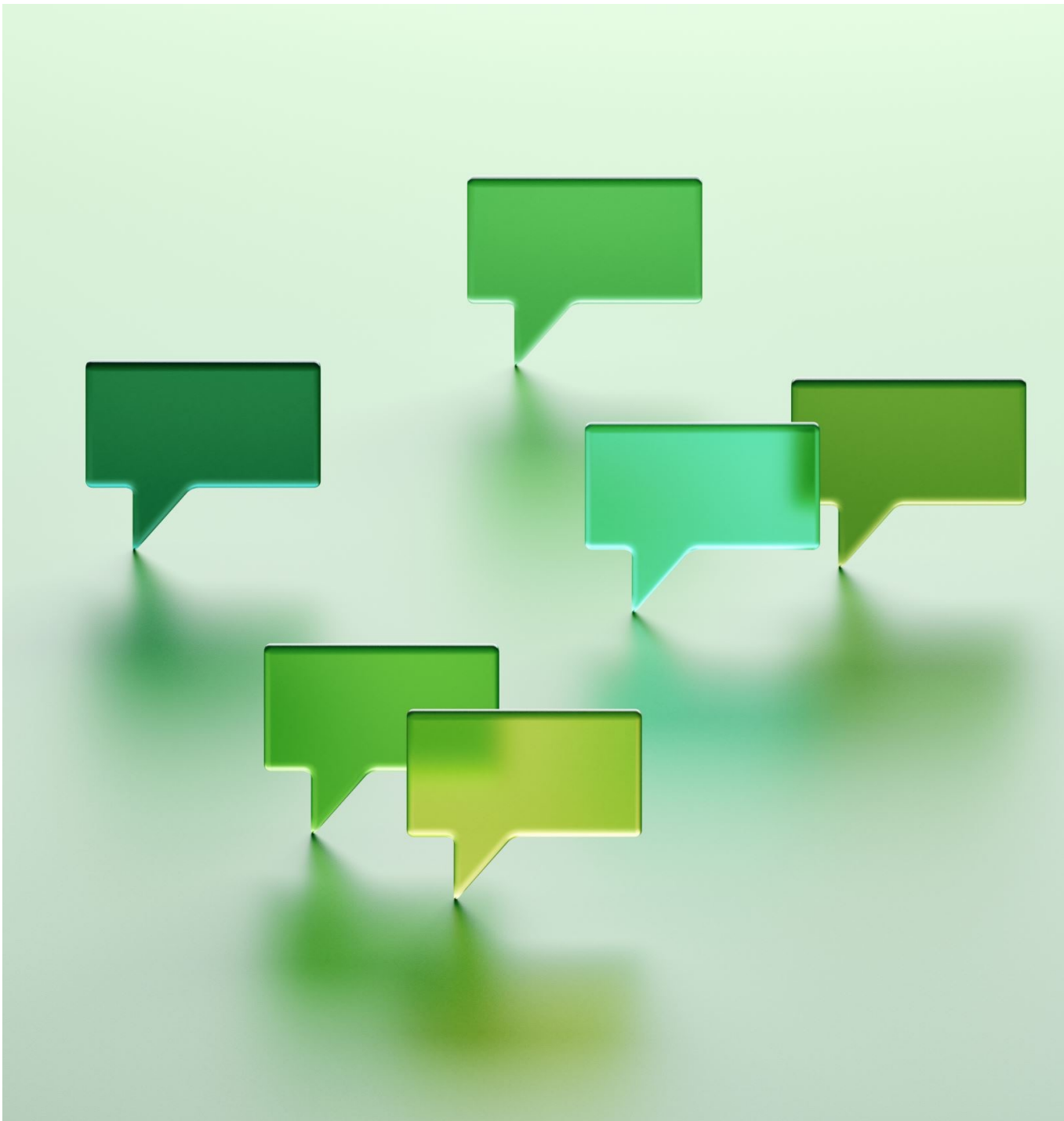
It is about the ability to know oneself, one's character, one's needs and desires, one's strong points; it helps us to live better and to express ourselves for who we are. It is the indispensable condition for stress management, effective communication, positive interpersonal relationships, empathy and for living a happy existence.



# Problem solving

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- Questa competenza aiuta ad affrontare e risolvere in modo **costruttivo**, positivo e creativo i problemi che quotidianamente siamo portati ad affrontare. Consente di focalizzarsi sulla ricerca di soluzioni e permette di vedere l'opportunità che si cela dietro il problema, senza ansia, tensioni fisiche e stress nocivo



# effective communication

- Communication is a central aspect of our life and an important tool for establishing relationships with others. Effective communication allows you to express yourself effectively and congruously, declaring opinions and desires, but also needs and feelings, listening carefully to others to understand them. It is essential to express ourselves appropriately, to know the effects of our verbal language as well as non-verbal behavior.



# Decision making

- This skill allows you to learn to face the choice to be made in a constructive and effective way in various contexts of one's life. It helps to evaluate the available options, the possible effects and consequences of the various choices. And considering that we make about 12,000 decisions a day, being able to do it in an informed and constructive way is a great advantage





## Creative thinking

Creativity is the process that leads us to have original ideas of value and to create something new. Creative thinking, also called lateral thinking, is the ability to think outside the box and is of fundamental importance in every moment of our lives. Indeed, it is useful in identifying solutions to problems; to see situations from different points of view when making decisions; it helps to have a flexible mind and not to stay in the fixity of behaviors and thoughts



## Interpersonal relationship skill

- It is the skill that allows us to establish and maintain good relationships; or to conclude them – when it is decided – in a constructive way. It helps to live harmoniously with others and is thus essential for psychological and mental well-being





# empathy

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Empathy is knowing how to understand and listen to others, identifying with them even in unfamiliar situations, accepting and understanding them and improving social relationships especially with regard to ethnic and cultural diversity. It is the ability to perceive the other, his sensations and moods. It allows for better communication and relationship quality, understanding and acceptance of others



## Critical thinking

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It is the indispensable skill to analyze information and experiences objectively, evaluating their advantages and disadvantages, in order to arrive at a more informed decision, recognizing and evaluating the various factors that influence attitudes and behavior, such as group pressures of peers or family, the influence of the mass media, one's beliefs

# EMOTIONAL LIFE SKILLS



SELF AWARENESS



COPING WITH  
EMOTION



COPING WITH  
STRESS

# RELATIONAL LIFE SKILLS



EFFECTIVE  
COMMUNICATION



INTERPERSONAL  
RELATIONSHIP SKILL



EMPATHY



# COGNITIVE LIFE SKILLS



CREATIVE THINKING



DECISION MAKING



PROBLEM SOLVING



CRITICAL THINKING