
TOPIC OF SUBJECTS AND SKILLS COVERED IN THIS LIFE SKILLS COACHING PROGRAM

ADDICTIONS

Letter to my family
Drug Assessment Form
Substance-use-assessment
Addiction Substance list
Three D's – Delay, Distract, Decide
CDAT workbook (Substance misuse workbook)
How we get into bondage and don't get out – Spiritual perspective
Relapse Prevention – Version 1
Relapse Prevention – Version 2
The Mask – True Self
The Mask – Addict Self
Life Story
Enabling behaviour
What is co-dependency?
How to recognise a Co-dependant person?
Co-dependant relationships
Co-dependency vs Inter-dependency
How to become independent
Skills needed to become independent

ADD/ADHD

Adult ADHD skills
How to focus in life

ANGER

Anger coping thoughts
Anger management therapy
Anger management self-management techniques
Anger & Aggression

ANXIETY

General anxiety
Social anxiety
Status anxiety

BELIEFS & VALUES

Universal beliefs
Core beliefs worksheet
Values worksheet
Re-elicitation of values
Personal beliefs on new values

COMMUNICATION

Communication skills
Effective speaking
How to confront with skill and confidence

How to make small talk
The 10 principals of listening

CONFIDENCE

Six confidence coaching tutorials
Tips to immediately increase confidence

DEPRESSION

Depression
ACE Log

EMOTIONS

Emotional dictionary
Emotions
Dealing with negative emotions
Recognising and managing emotions
Wheel of emotions
Developing your emotional intelligence
Developing emotional resilience

FINANCIAL MANAGEMENT

Budgeting

GRIEF

The seven stages of grief

HEALTH

Mental health CV
Steps to positive mental health
Body, caring for your body
Food, diet and nutrition
The importance of exercise

LEADERSHIP

Leadership commitments
What leaders do every day

MINDFULNESS

Mindfulness
Mindfulness emotions
Why mindfulness
Colour breathing
NOW
Reflective practice

MINDSETS

Wolf
Four stages to learning
Mindsets – positive vs negative
Affirmations
Coping thoughts
Certainty vs uncertainty

Coping skills
Gratitude
Gratitude & positive feelings
Fixed or growth mindset
Mindsets
Personal skills for the mind
Automatic thoughts
Defusing exercises
Drift
Unhealthy thinking habits with alternatives
Habits
Managing Internal dialogue
Mind bully
Coping with negative thoughts
Neuro Linguistic Programming & reframing
The power of positive thinking

PERSONAL DEVELOPMENT

Apple – tolerating uncertainty
A framework for learning to live well
Change
Commitment to life / contract
Finding meaning
Resilience
Performance, specific
Presentation skills
Helicopter worksheet
Increasing motivation
Self-motivation
Memory skills
Moral compass
Options – change, accept or let go
Essential life skills for personal development
Personal change management
Personal development plan
Problem solving worksheet
Understanding creative thinking
Creative thinking skills

RELATIONSHIPS

Act
Assertiveness in relationships
Fact or opinion
Forgiveness
Love languages
Radical, acceptance & forgiveness
Reality vs expectations
Relationship worksheet
Relationship values
Seven relationship skills
Self-empowerment through setting personal boundaries

SELF-MANAGEMENT

Self-management/Self-regulation
Self-control/Self mastery

Will power and Self-discipline
15 Self-discipline skills

SELF-ESTEEM

Decisions vs destiny
Different perspectives
Humility
Humour
Managing power – balance
Perfection vs excellence
Life Rules exercise
Steps to wellbeing
Self esteem
Self-acceptance
Self-awareness & building confidence
Six pillars of self-esteem
Six core human needs – body and soul
Truthfulness and consciousness

SPIRITUAL GROWTH

Five steps to spiritual growth

SOCIAL SKILLS

Social skills

STRESS & WORRY

Fear and Danger
Rucksacks
Ruminating Worry
Worry time
Worry zone
Worry tree
Relaxation
Stress Management
Stress
Sleep
Time alone, benefits

TIME MANAGEMENT

Time management skills
How to avoid and stop procrastination
Test your level of organisation
Organisational skills
Weekly planner

