

ENGAGE YOUR PEOPLE - SAVE MONEY - IMPROVE RESILIENCE



“Life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.”
The World Health Organization

Complimentary Modern Life Skills Event

The Learning Architect will be hosting a series of complimentary half day events at various nationwide locations from May 2012.



These inspiring and interactive events will be presented by Modern Life Skills expert, presenter and author Liggy Webb and international motivational speaker Richard Denny.



Event Agenda

9.30 - Arrival Reception & Refreshments

10.00 - Showcase of a selection of Modern Life Skills to understand more about the background and to experience how this will be able to work in your organisation

13.00 - Lunch

The Learning Architect has developed a practical, highly relevant set of *Modern Life Skills* to help you to fully equip and support all the people in your organisation in these challenging times.

These carefully researched and designed modules can be delivered as one hour bite sized sessions.

We will tailor these modules to fully suit the specific needs of your organisation. Take a pick and mix approach from the list of life skills and choose the ones you feel are right for your people.

Modern Life Skills - *Invest in Your People*

- ✓ Engage your people
- ✓ Help staff to cope with change
- ✓ Reduce and manage stress
- ✓ Reduce sickness absenteeism
- ✓ Promote better communication

**THE Learning
ARCHITECT** 

- ✓ Reduce potential conflict
- ✓ Improve staff energy levels
- ✓ Improve mental health
- ✓ Improve physical well-being
- ✓ Support managers to support teams
- ✓ Promote work - life balance
- ✓ Save money on workplace overheads
- ✓ Become an employer of choice
- ✓ Support corporate social responsibility
- ✓ Improve efficiency and productivity

Take a “pick’n’mix” approach and choose from the following skills:

Modern Life Skills

- Change Ability
- Communication
- Conflict Resolution
- Creativity
- Decision Making
- Emotional Resilience
- Empathy & Understanding
- Energy Management
- Feedback Skills
- Goal Setting
- Life Balance
- Impact & Influencing
- Positive Thinking
- Problem Solving
- Relationship Building
- Relaxation Techniques
- Self Confidence
- Stress Management
- Time Management
- Trust & Respect

“Modern Life Skills brings to life a subject we all need to embrace and simple actions and solutions we can all benefit from in difficult and challenging times’.

Dr David Batman – Workplace Wellness Expert

THE Learning ARCHITECT

“The Learning Architect provided a very enjoyable and energetic day for the team. We received lots of tips on having a positive approach to work and life and how to manage our own emotions. We were encouraged to look for opportunities and to make sure we take care of ourselves in times of change.”

Janet Baker – Deputy Regional Director of Public Health, Department of Health