

LIFE SKILL TRAINING CERTIFICATE COURSE

COURSE MODULES

Modules	Sessions	
Communication Skills (10 hours)	Listening	
	Speaking	
	Reading	
	Writing	
	Effective Use of Social Media	
	Non-Verbal Communication	
	Interpersonal Communication	
	Digital Literacy	
Professional Skills (10 hours)	Career Skills	Team Skills
	Resume Writing	Presentation Skills
	Interview Skills	Trust and Collaboration
	Group Discussion	Social and Cultural Etiquettes
	Exploring Career Opportunities	Brainstorming
		Listening as a Team Skill
		Internal Communication
Disaster Management (5 hours)		
Self Defence (5 hours)		