

## SKILLS DEVELOPMENT PROGRAMMES

Applicable to: Schools, Workplace, CSR Programs, EWP Programs, NPO's, Community Programs, Families and Individuals.

TARGET GROUP	FOCUS AREA	SHORT DESCRIPTION
<b>EMOTIONAL INTELLIGENCE DEVELOPMENT</b>		
Kids and Teens.	Emotional Intelligence Development.	Workshops developing the five emotional intelligence skills: Self-Awareness, Self-Motivation, Self-regulation, Social Skills and Empathy.
Parents and Teachers.	Emotional Intelligence Development.	Workshops to guide parents on how to develop the five emotional intelligence skills of their children at home or in the class room: Self-Awareness, Self-Motivation, Self-regulation, Social Skills and Empathy.
Adults in the workplace/ personally.	Emotional Intelligence Development.	Workshops developing the five emotional intelligence skills: Self-Awareness, Self-Motivation, Self-regulation, Social Skills and Empathy.
<b>INTRA PERSONAL SKILLS DEVELOPMENT</b>		
Kids, Teens and Adults.	Self-Care and Stress Management.	Practical Guidelines to enhance balance in life, to reduce stress and to practice self-care.
Kids, Teens and Adults.	Time-Management.	Practical Guidelines on controlling your time and not to let time control you.
Kids, Teens and Adults.	Discovery of my unique self.	A creative workshop to discover your unique temperament and traits for positive strengthening of the self.
<b>SOCIAL SKILLS DEVELOPMENT</b>		
Young Adults & Adults: Workplace/Personal Life.	Positive Communication Skills	Learn how to listen effectively, communicate intentionally and how to control your body language positively.
Young Adults & Adults: Workplace/Personal Life.	Coordinating with Others	This focus on positive team work to be able to collaborate and adjust in relation to others with sensitivity.
Young Adults & Adults: Workplace/Personal Life.	People Management	Focus on positive leadership, motivating people and bringing out the best in each other.
<b>PROBLEM SOLVING SKILLS DEVELOPMENT</b>		

Young Adults & Adults: Workplace/Personal Life.	Critical Thinking	Guidelines on how to develop your logic and reasoning skills.
Young Adults & Adults: Workplace/Personal Life.	Creativity	Learn the skill of creativity to change the ordinary into the extraordinary.
Young Adults & Adults: Workplace/Personal Life.	Cognitive Flexibility	Come train your mind to grow, become more resilient and flexible in order to adjust and rise from any situation.
<b>EXTRAS</b>		
Young Adults & Adults: Workplace/Personal Life.	Financial Intelligence Development	Learn the essence of healthy financial principles.
Self-employed with online business.	E-Commerce Tips of the Trade	Come learn the tips of the trade to drive a successful online e-commerce business.
Workplace.	Healthy Principles in the Workplace	The workplace can be the foundation of healthy principles.
Workplace.	Client Service with a Smile	Client Service doesn't have to be challenging, but you can practice your mind to master the skill.
<b>INSPIRATIONAL WORKSHOPS</b>		
Women.	I Am...	This is an inspiring workshop to confirm and affirm your personal strengths. Be uplifted, inspired and motivated by other women.
Mothers.	Supermom Workshop	Come find out what is stealing your power and how to get it back for you to be a Super Mom!
Couples/Individuals.	Love Languages	The Five Love Languages will help you to speak the love language of your loved one and teach you how to communicate your needs to them.
Teens.	Life Skills for Teens.	Prepare your teen for the challenges of High-School and adulthood.
Expecting Moms.	What to Expect when you are expecting.	Practical guidelines for pregnant mothers on handling the roller-coaster ride after birth with style.
Men.	Courageous Men.	We speak about the true strength of a man and how to be a hero within your home and workplace.

*For more information or a quote for the workshop of your choice, gladly contact us on [workshops@amiici.care](mailto:workshops@amiici.care)*