

***#WORLD READY***

# **LIFE SKILLS PROGRAMS**

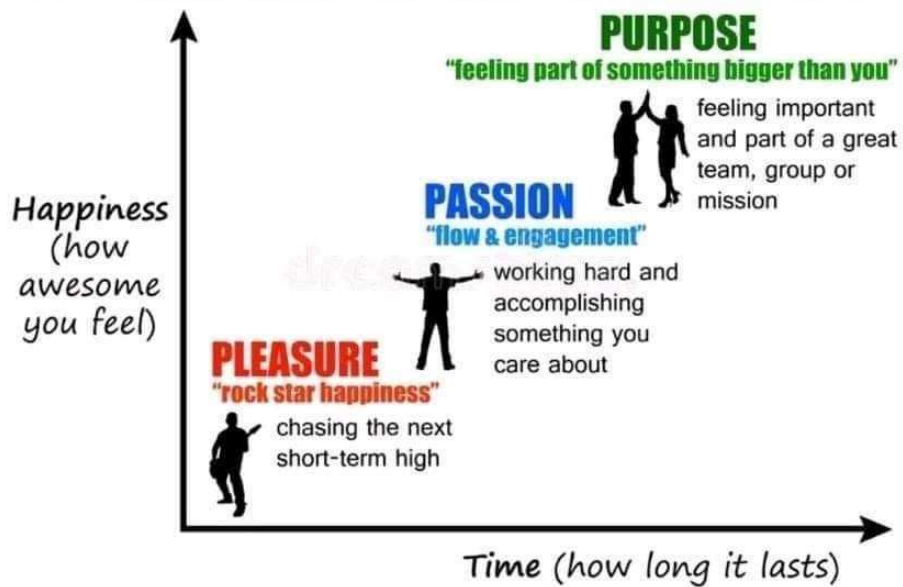
**2024**



**We want to create an inspiring platform  
to set people up for a life of purpose and significance.**

## PROGRAMS - OUTLINES

### THREE KINDS OF HAPPINESS



### AN INSPIRING PLATFORM

We want to provide a broad range of supportive, relevant, high-quality knowledge and practical skills to help you to be successful in both your work and in life. The programs offer a balance of theoretical study, combined with practical training. Students can be provided with online study material, continuous evaluation and reports.

1. Personal Development	3. The Game of Life
Personal development / - Leadership Emotional Intelligence (Your identity) Practical Life Skills Career - / Personal Development Plan	The Psychology behind Sport Coaching Sport & Adventure Sport & Life Inspiring Champions - in Sport and Life
2. Leadership & Teamwork	4. Spiritual programs
Leadership Teamwork Business	Manhood Missions 3D Bible course Study Journey to the Land of the Bible

### A LIFE OF PURPOSE AND SIGNIFICANCE!

In the end we want to set you up for a life of purpose!

*We reserve the right to change the programme, schedule or the facilitators as deemed necessary to ensure the maximum value to the program and students.*

# 1. PERSONAL DEVELOPMENT

Personal development / - Leadership Emotional Intelligence (EQ)	Practical Life Skills Career - / Personal Development Plan
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## Personal development

	TOPICS	EXPLAIN
1	<b>Your wonderful brain</b>	Created for achievement, conditioned beliefs, recon, accept yourself
2	<b>Brain profiles</b>	Neethling, DISC
3	<b>How to be successful / happy</b>	Intro, how, conclude (video's, discussion)
4	<b>Who moved my cheese</b>	10 life lessons (Spencer Johnson)
5	<b>Time management</b>	Values, tips, mistakes, smart goals
6	<b>Social Media</b>	Intro, Brain hacking / digital cocaine, vehicle accidents, social media 101 (opt. Bible and cell phone)
7	<b>The Dream Giver Journey</b>	Bruce Wilkinson (7 challenges)

## Emotional Intelligence (Your Identity)

	TOPICS	EXPLAIN
1	<b>Believe in yourself</b>	Manage yourself
2	<b>Understand and manage your emotions</b>	Pain, anger, criticism
3	<b>How to be positive</b>	How to be an optimist
4	<b>Manage stress</b>	Techniques to deal with it
5	<b>Achieve your goals</b>	Be a Champ!

## Practical Life Skills

	TOPICS	EXPLAIN
1	<b>Social skills - Style</b>	Etiquette, personal style, shop wisely, interior design
2	<b>Social skills - Dance</b>	Steps, self-confidence, etiquette, elegance, lead, rythm
3	<b>Relationships</b>	Healthy-: Forgive, disagreements, dating
4	<b>Communication</b>	Conflict, listening, public speaking, emails, negative feedback
5	<b>Food preparation &amp; cooking</b>	Traditions, techniques, meal plan, kitchen clean up
6	<b>Personal finances</b>	Budget, bank, save, invest
7	<b>Safety and Defence</b>	Self-defence, crime / dangerous situations, drug victum, flat tyre, road safety
8	<b>Photography</b>	Principles, techniques, creative photo's
9	<b>Study Skills</b>	Mind map

## Career Development / Personal Development Plan

(*Designing your Life, Burnett & Evans, Stanford University*)

HUMAN BEING (WHO YOU ARE) – BE Real, inner me	
<b>Intro: Life by Design</b>	Discover who you are Thinking like an engineer
<b>1. Start where you are</b>	Life dashboard; design problems
<b>2. Building your compass</b>	Your Life & Work view
<b>3. Wayfinding</b>	Log sheet of daily activities (Good Time Journal) – reflection
HUMAN DOING (WHAT DO YOU WANT TO DO) – DO Busy, successful me	
<b>4. Building your team</b>	Build a Life Design Team
<b>5. Getting unstuck</b>	Mind maps of selected Activities, and job descriptions
<b>6. Design your life/s</b>	Odyssee or 5-year plans
<b>7. Prototyping it</b>	Interviews, Experiences, Brainstorm Your choice!
BECOME - Build best choice of yourself	
<b>8. Choosing happiness</b>	Process (4 steps)
<b>9. Failure immunity</b>	Future Reframe Exercise
CONCLUDE	
<b>10. How <i>Not</i> to get a Job</b>	Their needs
<b>11. Getting your Job</b>	<i>Career planning (incl CV)</i>
<b>12. A well designed Life!</b>	>A life well lived!

## 2. LEADERSHIP & TEAMWORK

Leadership Teamwork	Business
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### Leadership

	TOPICS	EXPLAIN
1	<b>Why young people don't succeed</b>	Intro, modern times/society, cell phones, challenge yourself (Simon Sinek)
2	<b>Can I change the world?</b>	Adm. McRaven (Navy Seals) – 5 Golden rules Inspiring people & stories
3	<b>Use Music to inspire people</b>	Old... and new
4	<b>Use Media to inspire people</b>	Africa / SA

### Teamwork

*(John Maxwell: The 17 Indisputable Laws of Teamwork)*

	TOPICS	EXPLAIN
1	<b>Significance</b>	Unity Makes Power
2	<b>Big picture</b>	Purpose more important than role
3	<b>Niche</b>	Find the right place to add value
4	<b>Mount Everest</b>	Use Challenges
5	<b>Chain</b>	Tighten as strong as weakest link
6	<b>Catalyst</b>	Let things happen
7	<b>Compass</b>	Vision gives direction and confidence
8	<b>Bad Apple</b>	Poor attitude ruins a team
9	<b>Countability</b>	Team members must take responsibility for each other

### Business

	TOPICS	EXPLAIN
1	<b>Transform your Work Life</b>	Turn your ordinary day into an extraordinary calling: The Unshamed Ethical story – Graham Power & Dion Foster
2	<b>7 Habits of Highly Effective people</b>	Stephen Covey
3	<b>High Performance Environment /Teams</b>	15 lessons Legacy – James Kerr
4	<b>Four Disciplines of Execution</b>	Focus, Leverage, Engagement Accountability (Patrick Lencioni)
5	<b>Doing Business with Purpose</b>	The Mercon story (Francois van Niekerk) History, learning period, corporate structure, management basics

### 3. THE GAME OF LIFE

The Psychology behind Sport Coaching Sport & Adventure	Sport & Life Inspiring Champions - in Sport and Life
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#### The Psychology behind Sport Coaching (Jannie Putter)

TOPICS		TOPICS	
1	Roll of the Coach	4	Motivation – how does it work
2	The beginning – the agreement	5	Discipline – how important is it?
3	How do you coach skills?		

#### Sport and adventure

	TOPICS	EXPLAIN
<b>Sport</b>		
1	<b>Inspiring people &amp; stories in the sport world</b>	Variety – video's & discussions Athletics, soccer, bobsled, tennis, rugby
2	<b>Coaching-the-Coaches</b>	Coaching at schools: General info, coaching, codes of conduct, docs
3	<b>PT - program</b>	Grade 1 – 12; evaluation tables
4	<b>Kids Games</b>	Treasure hunts, team building, games of life
5	<b>Be the Springboks</b>	More than sport, Springboks (game & lessons), message
<b>Adventure</b>		
1	<b>Learn through Adventure</b>	Outdoor & indoor games: Stations, competition games, clever heads, ice-breakers, sports, more...
2	<b>Leader in Me</b>	7 Habits of Highly Effective Teens (Covy)
3	<b>Lessons from Nature</b>	Our world, animals, team work, nature for kids

## Sport & Life (ReadySetGo)

TOPICS	EXPLAIN
<b>Human body</b>	1. Caring for My Body 2. Performance enhancing drugs
<b>Play, sport and competition</b>	3. Winning 4. Fair play 5. Role of the coach
<b>Character</b>	6. Sportsmanship 7. Character in sport
<b>Emotions</b>	8. Fear of Failure 9. Grief & Loss 10. Self-Talk 11. Pressure to perform 12. Anger
<b>Relationships</b>	13. Conflict resolution 14. Team unity
<b>Trials and transitions</b>	15. Dealing with injuries 16. Adversity 17. Decreased playing time 18. Dealing with critical incidents

## Inspiring Champions - in Sport and Life (Dr. Henning Gericke)

1	Dare to dream	22	Attitude of Excellence
2	The Will to Prepare	23	The Fuel for Performance: Enthusiasm & Passion
3	Don'r Die with the Music in You	24	The Championship Confidence
4	Burning Desire	25	Attitude = 100%
5	The Law of Attraction	26	Turn Adversity into Advantage
6	The Writing is on the Wall	27	Your Key to Success: Self-Awareness
7	Winning the inner Battles	28	Know the Opposition
8	The Champions's Hand	29	Mental Toughness – The Ability to Embrace Preassure
9	Writing Your Own Story	30	Always Possibility;New Limited Thinking
10	What's it going to take?	31	Waves of Warriors
11	Creating a We culture	32	Ready to perform – A Relaxed, Calm, Quiet Mind
12	The Strengh of the Pack is the Wolf	33	Zone it
13	The Magic of Chemistry	34	Red Dot
14	Motivational Voices	35	Powerful Images
15	The Power of the Inner Circle	36	Can't Conquer what you don't Confront
16	Music to inspire	37	The Search for Kaizen
17	Champions 1 <sup>st</sup> make their Habits	38	Spiritualle connected
18	Courage – the Difference Maker	38	Leave a Legacy
19	Character – Will in Ation	40	The Power of Action
20	The Power of Discipline	41	Everyday Champions
21	Walk the Extra Mile		

## 4. SPIRITUAL

Missions Manhood	3D Bible Encounter course Study Journey to the Land of the Bible
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### Missions

	TOPICS	EXPLAIN
1	<b>Alpha course</b>	Youth (16 videos), adults (16)
2	<b>Discovering Global Missions</b>	Intro, 1 priority, staying at home no option, focus on nations, get involved, leader guide (6 video's)
3	<b>Be Radical</b> (David Platt)	Losing everything, truth, God's power, impact the world, work together, poverty, no plan B, living when dying, 1 year challenge
4	<b>Follow Me</b> (David Platt)	Believe but not know Jesus, great invitation, Christianity radically different, is Bible true, children of God, God's will for your life, what is church really, vision of possible, personal disciple making plan
5	<b>Our Destiniy in Africa</b> (Jannie Compion, FCE)	Background, Livingstone, Murray, Africa for Christ, We must go too
6	<b>Slumdog Millionaire</b> (film)	Stolen childhood, always slumdog, open your eyes, winds of change, it's happening, what now, make your life count
7	<b>Your World View</b>	Intro, 2 kingdoms, dualism, God-Centred world view, future

### Manhood

	TOPICS	EXPLAIN
1	<b>Men of Honour</b>	Intro (Kingdom business), real men/dads/coaches, roles of a man, conclude
2	<b>Passed through Fire</b> (Rick Bundschuh)	Boy's club, stallions, cause/hero/flag, why don't men go to church, world hungry for men, teach to their advantage, how a man is made, initiation, what churches/institutions must do
3	<b>Play the Man</b> (Mark Batterson)	Make men of them, 7 virtues, rite of passage
4	<b>Raising Modern Day Knights</b> (Robert Lewis)	Manhood, vision of manhood / real man, code of conduct, greater cause, ceremony and pledge
5	<b>Wild at Heart</b> (John Eldredge)	My purpose as a man, true manhood, our 3 desires (battle to fight, adventure to live, beauty to rescue)
6	<b>The World needs A Father</b> (Rev. Cassie Carstens)	Intro, cry of the children, every season counts, father wound, real manhood - real fatherhood, moral authority, identity, emotional security, affirmation, restoring damage, the mother design, single mother, World Needs A Father Movement



### 3D Bible Encounter course (ICEJ- US: Dr. Susan Michael)

	TOPICS		TOPICS
	Introduction		
1	Why Study the Bible	5	The Land of the Bible
2	How to Read the Bible	6	The People of the Bible
3	The Story of the Bible	7	The God of the Bible
4	How Christians Should read the OT	8	The Search Begins

### Study Journey to the Land of the Bible

	TOPICS	PARTNERS
1	<b>Bible Study</b>	Unlocking the Bible Books Chronological Bible Reading Plan (chapters) Bible project
2	<b>Bible in Context</b>	Walking the Text 3D Bible Encounter course
3	<b>Media Evangelism</b>	Music International Israel
4	<b>Life Skills</b>	Life Skills course Holy Land Encounter Tour

