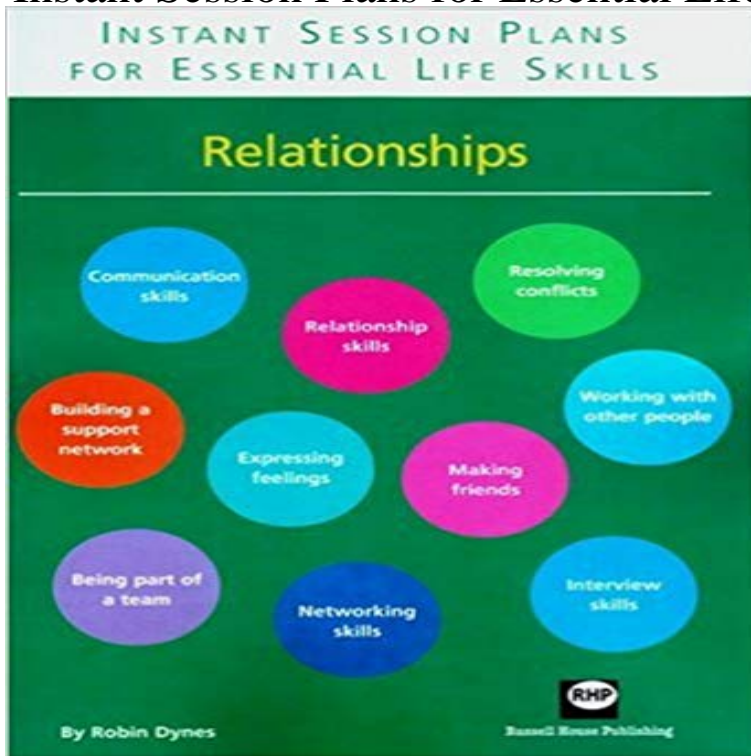


# Instant Session Plans for Essential Life Skills: Relationships



This resource manual is for both experienced and inexperienced facilitators who need instant or ready-made sessions on a wide range of life skill topics. The guide includes four sessions on each of the following topics: communication skills . relationship skills . resolving conflicts . building a support network . expressing feelings . making friends . working with other people . being part of a team . networking skills . interview skills. Each session requires minimum preparation, lasting for one hour, and contains specific aims, session plans, clear step-by-step instructions for the facilitator, homework assignments, and photocopiable handout pages.

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