

Agenda for Ask Auntie: Life Skills for Everyone

July 14, 2022

Session 1: Introduction to Interpersonal Skills

- Introduction/Snacks, Ice Breaker and Ground Rules

Why are Interpersonal Skills so important?

- Human beings are hardwired to be interdependent. Humans are members of a tribe and need others in order to flourish. Like food and water and sunshine, relationships with other people (from family to friends to coworkers) are essential to life. Interpersonal skills enable people to develop and maintain these relationships in a healthy way, ways that will contribute to a satisfying and productive life.

The main topic of Session 1 is: Communication (the good the bad the ugly)

What Are Positive/Negative Communication Skills?

- Have group give examples
- Role Play

What are Verbal/Nonverbal Communication Skills?

- Have group give examples

Go over the good skills talked about in group

End session see you next time