

## 3-day Life Skill Training to Child Club Members

### Objectives:

- Aware students of the components of Life Skills and their application in daily life.
- Develop interpersonal, effective communication, and negotiation skills to maintain a good relationship with family, friends, teachers, and other community members.
- Provide ideas to think and act differently in a problematic situation and make good decisions.
- Empower them to conduct socially transforming activities through child clubs.

*"This is my first time participating in such beneficial and practical training. I had a great time throughout the three days of training. After attending this course, I learned how to make our lives easier and simpler by utilizing the components of life skills such as self-awareness, effective communication, interpersonal relationships, problem-solving, stress management, and decision-making. Without a doubt, I will strive to incorporate all of the skills taught by the facilitators into my daily life. My lessons would also be shared with my classmates, a child club, and family members. During the discussion, I also realized how persons with disabilities feel when they are mistreated. I would like to Thank Loo Niva for conducting such effective training for us."*

*-Sabita Ghimire*



19 Male



16 Female