



Mendocino Coast Hospitality Center

# LIFE SKILLS GROUP

MONDAY @ 11:00am

## TOPICS

- \* Right Frame of Mind
  - Attitude
  - Motivation
  - Responsibility

### How to Handle the Tough Stuff

- Conflict Resolution
- Stress Reduction

### How to Put Your Best Foot Forward

- Communication/ Non-Verbal
- Communication/ Verbal

### The Nuts and Bolts

- Money Management
- Time Management
- Decision Making

### The Balancing Act

- Setting Priorities
  - Home/Work/School
  - Family/Friends/Myself
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