

# Life Skills Training

Adult Life Skills Training is for individuals who may have been forced into adulthood at a young age (i.e. runaways, teen pregnancy, dropping out of school, getting kicked out of the home etc.) and did not get a chance to learn essential skills to maintain being a functional adult in society. Webster's Dictionary defines adulthood as "the period in the human lifespan in which full physical and intellectual maturity have been attained." Unfortunately, many people do not have the skills to become successful adults. Taking a two generational approach, The Adult Life Skills Program helps individuals and their children to understand the core responsibilities of adulthood and to maintain and generate priorities that helps benefit themselves, their families now and in the future. This program meets two times per week allowing for

real time practices and individual growth so participants can see where growth, understanding, and a foundation needs to be implemented. The bases of our analysis of the individuals are generated from where they are at in their life at that moment when they sign up for the program. Training can happen at various location. The outcome is that participants should leave with the full understanding of responsibility, prioritization in their life, commitment, importance of relationships (internally and externally) family dynamics, wealth building and generating income as well as parenting for the future. The program consist of licensed booklets, links, counseling, and others experiences to show forth the drive for individuals to achieve responsibility and stability.

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Age does not make an individual an adult. Life experiences and what you learn from from does.