



# Digital Life Skills Toolkit

This toolkit supports and equips trainers to (1) build a perspective on life skills and (2) prepare for sessions on life skills. The DLST is a self-learning digital toolkit that helps trainers instruct young people in critical life skills. While the trainers are building effective lessons, this toolkit will enable them to focus on the skills that are required for learning and livelihood.

1. How to use the manual
2. What are Life Skills?
3. Digital Life Skills Toolkit
4. Facilitation
5. Planning
6. Assessments
7. Week One Plan
8. Energizers
9. Identity & Background
10. Goals & Expectations
11. SWOT
12. Attitude
13. Self-Esteem
14. Gender
15. Values & Perceptions
16. Balancing Relationships
17. Decision Making
18. HIV/AIDS Awareness
19. Communication Skills
20. Conflict Resolution
21. Time Management
22. Money Management
23. Handling Responsibilities
24. Getting Ready to Work