

DALE CARNEGIE LIFE SKILLS FOR YOUNG ADULTS: THE POWER OF YOUTH
Overview

INTRODUCTION	<p>The Better Prepared You are, the Faster You Rise.</p> <p>Dale Carnegie Life Skills for Young Adults: The POWER of YOUth is designed to prepare young people for the here and now. It provides skills they need to set and achieve goals, and perform to their full potential – at school, home, and work.</p> <p>The curriculum was developed with feedback from students and consists of eight, four-hour, highly interactive sessions that include real-life scenarios and role-playing.</p> <p>As the transition from high school, to college, to the workplace becomes more competitive than ever, it's important for young adults to balance the demands of school, work and relationships, with their future goals in sight.</p> <p>The POWER of YOUth prepares young people for the real world. It gives them the skills and confidence they need to authentically distinguish themselves from their peers and discover their full potential. Many young people lack the social relationship skills needed to interact with adults in the business world.</p> <p>The POWER of YOUth can help young people develop communication skills beyond their device and start engaging with others in a meaningful way. Young people will also discover how to handle and even seek out new responsibilities while becoming better able to cope with the pressures that adolescents face.</p>
COURSE OBJECTIVES	<ol style="list-style-type: none">1. Building Self Confidence2. Enhancing Communication Skills3. Interpersonal Skill Development4. Teamwork and Leadership Skills5. Effective Attitude Management
MATERIALS	<p>Participant Manual <i>How to Win Friends and Influence People</i> <i>How to Stop Worrying and Start Living</i></p>
SUPPLEMENTS	<p><i>Dale Carnegie's Golden Book</i></p>
COMPLETION	<p>Completion of 7 to 8 sessions Successful completion of assignments</p>
INSTRUCTION	<p>Trainers are selected professionals who have completed extensive training before certification is granted. Annual recertification training is required. Participation, coaching and guided discussion is the primary methods of delivery.</p>
LENGTH	<p>8 sessions, 4 hours per session (Total hours: 32 hours)</p>



8 SESSIONS		
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Date	Session Title	Learning Objectives
14 Dec Session 1 4 hours	1A. Build a Foundation for Success	<ul style="list-style-type: none"> – Learn methods to connect with others – Familiarize ourselves with the Five Drivers for Success – Expand our capacity to achieve our vision by committing to breakthroughs
	1B. Interpersonal Relationship: Recall and Use Names	<ul style="list-style-type: none"> – Focus on people as individuals – Create positive first impressions – Use methods for remembering names
14 Dec Session 2 4 hours	2A. Build on Memory Skills and Enhance Relationships	<ul style="list-style-type: none"> – Apply a process for memory improvement – Become familiar with the principles for improving human relations – Identify opportunities for improving business relationships
	2B. Increase Self Confidence	<ul style="list-style-type: none"> – Use our experiences to communicate more confidently – Communicate with clarity and conciseness – Discover how past experiences influence behavior
15 Dec Session 3 4 hours	3A. Commit to Enthusiasm	<ul style="list-style-type: none"> – Plan and prepare to reach breakthrough enthusiasm goals – Demonstrate how changing our attitudes can alter behaviors – Understand how enthusiasm helps us achieve our visions
	3B. Enhance Relationships and Motivate Others	<ul style="list-style-type: none"> – Persuasively communicate in a clear and concise way so people are moved to action – See how consistent application of the Human Relations Principles improves results – Discover how relationships help us advance toward our goals
15 Dec Session 4 4 hours	4A. Put Stress in Perspective	<ul style="list-style-type: none"> – Recognize the impact that negative stress has on our effectiveness and results – Commit to using concepts and principles to better handle stress – Discover more effective ways for professionals to prepare for & address challenges



	4B. Crash Through Barriers	<ul style="list-style-type: none"> – Display increased levels of courage, confidence, and conviction – Effectively tap our reserve power – Develop a great freedom for self-expression
17 Dec Session 5 4 hours	5A. State Our Opinion	<ul style="list-style-type: none"> – Learn a process to organize our thoughts in impromptu situations – Communicate our ideas effectively, even when we disagree – Strengthen our opinions with evidence
	5B. Realize the Power of Enthusiasm	<ul style="list-style-type: none"> – Realize that we are responsible for our attitudes – Use positive “self-talks” to increase our confidence – Discover the benefits of being proactive
17 Dec Session 6 4 hours	6A. Build Others through Recognition	<ul style="list-style-type: none"> – Concentrate on the strengths of others – Develop skills in giving and receiving positive feedback – Discover the power of sincere recognition
	6B. Develop More Flexibility	<ul style="list-style-type: none"> – Implement a wider range of communication skills – Apply the power of risk-taking – Become more open-minded to change and opportunity
18 Dec Session 7 4 hours	7A. Demonstrate Cooperation	<ul style="list-style-type: none"> – Influence others with positive attitude – Participate proactively to increase effectiveness of the team performance – Demonstrate cooperation with principles
	7B. Be More Grateful	<ul style="list-style-type: none"> – Communicate with strong and powerful feelings – Connect with others on an emotional level – Inspire others to think and act differently
18 Dec Session 8 4 hours	8. Celebrate Achievements and Renew Our Vision	<ul style="list-style-type: none"> – Recognize breakthroughs resulting from this program – Inspire and motivate others by communicating our visions – Commit to continuous improvement

