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Vol 1 Building Groups & Warm Ups | A collection of lesson plans and exercises focused on warm ups, tips and tools for group building and developing trust.

Vol 2 | A collection of lessons on a variety of topics - valuable in community learning settings and corporate training boardrooms.

Vol 3 | A diverse collection of coaches and facilitators wishing to expand their portfolios with more challenging topics such as sexuality, humour and group behaviour.

Vol 4 Special Needs Groups | A collection of lesson plans and exercises focused on groups with special needs.

Vol 5 | A collection of lessons with a special section dedicated to the theory and creation of warm up activities.

Vol 6 Communicating Assertively | A collection of essential lessons with critical tools and techniques practised in the field of assertiveness training.

Vol 7 Teaching Employment Groups | A comprehensive resource for life skills coaches, group facilitators and career practitioners leading or training employment groups.

Vol 8 Employability for Youth | A collection of lessons and exercises focused on youth and employment.

Vol 9 Employability for People with Disabilities | A collection of lessons designed to address employment issues unique to the disability community.

E | lifeskills@ywcatoronto.org

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LIFE SKILLS: TRAINING | COACHING | PUBLICATIONS

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