



The Government of the Republic of Trinidad and Tobago  
**MINISTRY OF EDUCATION**  
TERTIARY EDUCATION DIVISION



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**National  
Life Skills Education  
Programme**  
*Pathways to Living Well*

*"Life Skills are abilities for adaptive and positive  
behaviour that enable individuals to deal effectively with  
the demands and challenges of everyday life"*

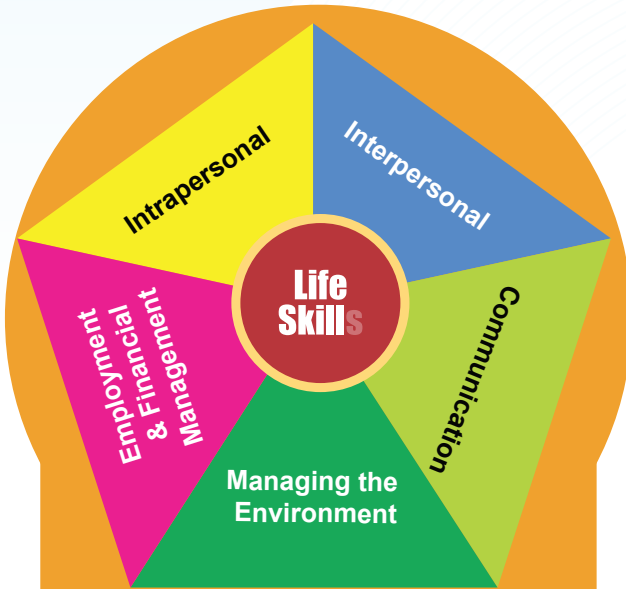
*(WHO, 1997)*



## Why are Life Skills Important?

Life Skills will equip individuals with the knowledge and skills to make better choices in an increasingly challenging globalized environment. This programme will foster civic responsibility and will provide the momentum for social action.

## National Life Skills Curriculum



### Intrapersonal

- Knowing Yourself
- Self-Esteem and Self-Improvement
- Values Clarification & Moral Reasoning
- Goal Setting
- Time Management
- Nutrition & Self Care
- Fitness
- Stress Management
- Substance Abuse
- National Pride

### Interpersonal

- Parenting
- Gender and Relationships
- Human Sexuality and Sexual Health
- Citizenship & Community
- Leadership

### Communication

- Process, Forms, Facilitators & Challenges to Communication
- Effective Listening Skills
- Creating & Maintaining Harmonious Relationships
- Effective Spoken and Written Communication Skills

### Employment & Financial Management

- Ethics in the Workplace
- Finding Employment
- Entrepreneurship
- Money Management
- Public Relations
- Savings & Investment
- Check Listing and Record Management

### Managing the Environment

- The Socio-Economic Environment
- The Physical Environment

## Life Skills Curriculum Goals

The Life Skills Curriculum seeks to develop the following knowledge, skills and attitudes:

- Personal Development
- Spiritual and Moral Development
- Mature Relationships
- Communication
- Citizenship
- Voluntary Community Involvement
- Problem Solving
- Technical Competence
- Work Ethic
- Employment & Financial Literacy
- Aesthetic Expression

## Accessing Life Skills Training

Life Skills training is offered as part of many out of school training programmes including:

- o The On-the-Job Training Programme (OJT)
- o Multi-sector Skills Training Programme (MuST)
- o The Retraining Programme
- o Youth Training and Employment Partnership Programme (YTEPP)
- o University of Trinidad and Tobago (UTT)
- o Helping You Prepare for Employment (HYPE)

Life Skills is also offered in many other government programmes in Trinidad and Tobago.