



# Life Skills: A Guide to Change

*Lanet D Hane*

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## **Life Skills: A Guide to Change** Lanet D Hane

This year-long curriculum guides individuals and groups in the development of valuable life skills. After completing this course, individuals will have a wider perspective on crises, be capable of consistently making better decisions, and take greater ownership over their choices. Life Skills: A Guide to Change covers a wide range of life skills, including topics such as time management, healthy relationships, stress relief, and more. It offers valuable insight and a flexibility that makes it a great option for all ages, economic situations, experiences, and levels of religious affiliation. It is designed with layers of depth, both spiritually and in practical application, that allows each individual to choose for themselves how to utilize each week's lesson. This curriculum uses a consistent format of story, questioning, engagement, and Scripture that will become comfortable to participants while simultaneously stretching and pushing each person to an even better version of themselves. The author does not have any special education in psychology, counseling, or sociology. None of the information presented in this curriculum is intended to be seen as professional guidance or counseling.

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