

LIFESKILLS COURSE #L 514



Building Your Support Group



COURSE DESCRIPTION

Everyone needs support to grow, overcome challenges, and achieve lasting success. This course helps you recognize the value of healthy relationships and teaches practical skills for building a strong personal support network. You will learn how to identify trustworthy people, strengthen positive relationships, seek guidance when needed, communicate effectively, and contribute to the success of others.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Opportunity and Growth
- Self-Awareness and Community Building
- Positive Thinking Skills
- Goal Setting and Achievement
- Relationship Building



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning
 Item Number: L 514
 eLearning Length: 209 Slides
 Scientific Model: Cognitive Restructuring

CRIMINOGENIC NEEDS MET

Social and Emotional Learning
 Restorative Practices



COURSE CONTENT

Unit 1: Understanding Support
 Why You Can't (and Shouldn't) Do It Alone.

Unit 2: Knowing Yourself First
 Learning what you need and what you can offer.

Unit 3: Finding and Choosing the Right People

Learn to keep your support circle healthy, mutual, and long-term.

Unit 4: Maintaining and Strengthening Your Support Group

Practice connecting with meaning, purpose, and inner peace



eLEARNING ACTIVITIES

- Narration & Story Telling
- Animated Thoughts
- Self Assessments
- Scenario Based Learning
- Focused Journaling
- Application and Skill Building



PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning License