

New Hope Leadership Academy

Social Development Program

Personal Life Skills Development

1. **Anger Management**

1. Introduction

1. Defining anger
2. What is anger management
3. Consequences of Anger on Relationships, Employment and Health
4. Understanding the Nature of Anger and Recognizing Anger Styles

2. Understanding my triggers of anger

1. What is a trigger
2. Why does it make me angry

3. How to apply my coping skills

1. What is a coping skill
2. When to apply my coping skills
3. Using more than one coping skill

4. How Substance abuse effects my anger management

1. weakens brain mechanisms
2. misjudge social cues
3. inaccurate assessment of the future risks

5. Taking responsibility for my own actions

1. Confronting denial, exposing scapegoating and accepting accountability
2. Stopping the anger addiction cycle

2. **Independent Living Skills**

1. Home Management

1. Maintaining your household
2. Preparing nutritious meals
3. Laundering

2. Money Management

1. Budgeting your money
2. Maintaining your checking account
3. Understanding SSI/SSDI

3. Time

1. Understanding concept of time
2. Using a clock to plan activities
3. Using a calendar appropriately

4. Transportation

1. Utilizing public transportation
2. Scheduling transportation

3. **Sportsmanship**

1. *Good Sportsmanship*

1. Know the rules
2. follow them.
3. everyone makes mistakes.
4. Sometimes chance plays a big part in determining the winner of a game.
5. Accept winning without bragging.
6. Accept losing without grumbling.
7. Model the Skill

2. *Negative Sportsmanship*

1. Cheating
2. Losing one's temper
3. Negative criticism of teammates, coaches, referees, and opposing players
4. Blaming teammates for mistakes or a poor team performance
5. "Trash talk" and taunting opponents
6. Showboating
7. Arguing referees' calls and judgments