EQUILIBRIA LIFE SKILLS STUDY PROGRAMME

TERM 1

Ice Break Camp
Orientation week
Fitness course
Positive Thinking course
Christian Apologetics Seminar
Health and Nutrition course
Safety and Self-defence course
Financial skills course
Career Planning Course
APRIL HOLIDAY

TERM 2

Study skills course
Career Research: Interviews
Christian Camp
Career Research: Job shadowing
Emotional Intelligence course
Career Research: Student Shadowing
Legal skills course
Culinary skills course
Communication course
First Aid Level 1 course
Etiquette course
JULY HOLIDAY

TERM 3

Wine Appreciation course
Time & Stress Management course
Interior Design course
Work Ethics Course
Style and Image course
Social Dancing Course
Critical Thinking Course
Relationship Skills course
Photography course
Film Festival
OCTOBER HOLIDAY

TERM 4

Challenge and Adventure Camp
Character Building course
Community project Part 1
Community project Part 2
Theory examination
Farewell party & Certification
European Tour
DECEMBER HOLIDAY

COURSE LAY-OUT

ICEBREAK CAMP & ORIENTATION WEEK

The camp will take place at Thabela Thabeng Mountain Retreat.
You will:

- get to know your classmates
- do team building activates
- social and make new friends
- learn what to expect from Equilibria
- find your feet in Potchefstroom

FITNESS COURSE

You will:

- establish your own **personal** fitness programme
- set your own health and fitness **goals**
- receive an individual fitness **assessment**
- discover various **fun ways** to exercise
- get **motivated** for an exercise programme
- learn how to maintain your ideal **body weight**

FINANCIAL SKILLS COURSE

You will learn:

- how to stick to a **budget**
- to budget for **long**-term financial commitments
- how to choose the best **banking** options
- the best ways to **save money**
- how to make a lucrative **investment**
- how to plan for the future and **retirement**

HEALTH AND NUTRITION COURSE

You will learn how:

- to eat for **abundant energy**
- to eat to prevent degenerative **diseases**
- to make healthy **snacks and smoothies**
- overcome bad **eating habits** and cravings
- to maintain an ideal **body weight**
- **detoxify** your bodies

POSITIVE THINKING COURSE

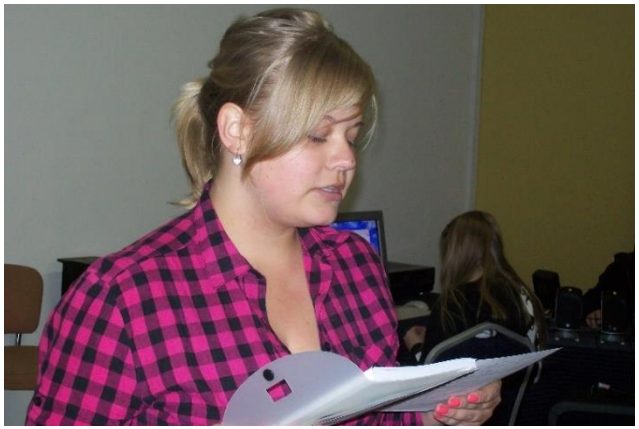
You will learn how to:

- to cultivate **positive self-talk**
- deal with **failure** in a constructive way
- to **overcome limiting** thinking patterns
- **overcome fear**, worry and doubt
- develop a **winning attitude** in life
- overcome frustrations and **stumble blocks**

COMMUNICATION COURSE

You will learn:

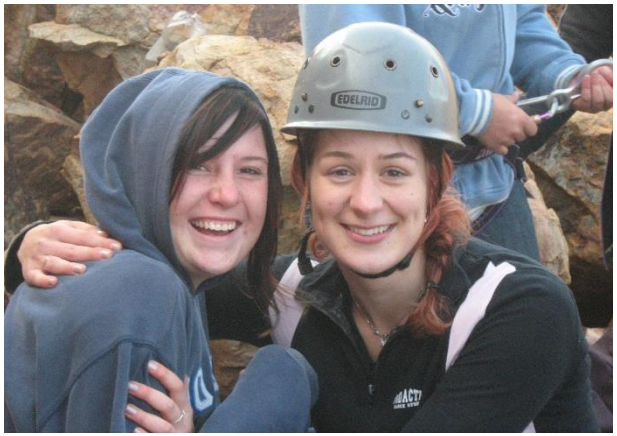
- effective conversation and **social skills**
- how to do effective **conflict** resolution
- to enhance your active **listening** skills
- how to do **public speaking** with confidence
- how to write professional **emails and letters**
- how to give and receive **negative feedback**



CAREER PLANNING COURSE

You will:

- identify your unique **strengths and weaknesses**
- determine your **true passions** and interests
- understand your **personality type**
- discover your **work style** preferences
- find out about several **study options**
- **match** your personality type with careers



SAFETY AND SELF-DEFENCE COURSE

You will learn how to:

- do lifesaving **self-defence** techniques
- prevent and deal with **crime circumstances**
- protect yourself in **dangerous situations**
- avoid being a **drug victim** at social events
- change a **flat tire**
- practice **road safety** principles

WORK ETHICS COURSE

You will learn how to:

- how to write a **winning CV**
- how to do a successful **job interview**
- maintain **professional** relationships
- be **task-orientated** and dependable
- dress **professionally** for a work context
- apply **emotional intelligence** in the workplace

RELATIONSHIPS COURSE

You will learn:

- how to build **healthy** relationships in their life
- how to **forgive** and heal from past relationships
- to deal effectively with **disagreements**
- important guidelines for choosing a **life partner**
- guidelines for **sexual** relationships
- do's and don'ts for **dating**

CULINARY SKILLS COURSE

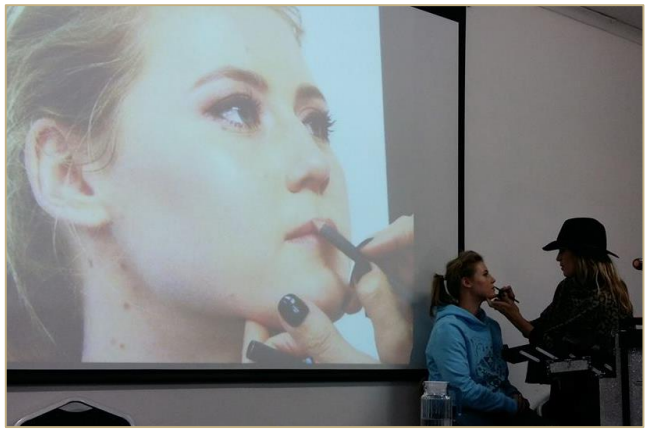
You will learn:

- culinary **traditions** of cultures of the world
- a range of quick and easy cooking **techniques**
- effective **knife** skills and precision cutting
- what **herbs** and spices to use for each food
- meal **planning** techniques
- how to cook and distinguish various **meat-cuts**

STUDY SKILLS COURSE

You will learn:

- to identify your **unique style** of learning
- effective study **techniques** for tertiary study
- to improve your memory and **concentration**
- how to handle test and examination **anxiety**
- how to plan and **organize** studies effectively
- how to improve your **motivation** for study



STYLE AND IMAGE COURSE

You will learn:

- to define your **personal style**
- how to dress for **success**
- how to dress for your unique **body shape**
- which hairstyle suits your **face shape**
- how to **shop wisely** and cost effectively
- how to do great **make-up** or grooming

FIRST AID LEVEL 1 COURSE

You will learn how to:

- perform **CPR** and treat drowning or choking
- check for **vital signs** during fainting
- take care of **wounds,** bleeding and burns
- treat **fractures**, do bandaging and splinting
- treat head **injuries**, bites and poisoning
- handle **emergency** situations

LEGAL SKILLS COURSE

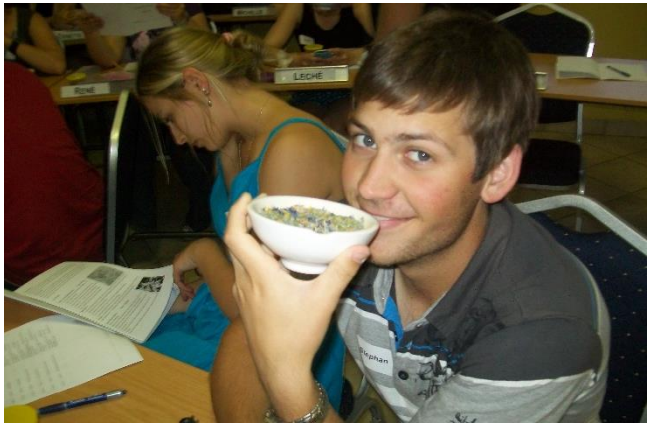
You will learn:

- how to avoid common **legal mistakes**
- the essentials of entering into **contracts**
- how **court** procedures are conducted
- how to act correct in **crime** situations
- what your rights are when in a car **accident**
- legal principles that apply to **social media**

ETIQUETTE COURSE

You will learn:

- golden rules of **social** etiquette
- polite **e-mail** and **cell** phone etiquette
- graceful dating and **dinner** party etiquette
- etiquette that applies to **special occasions**
- about other **culture's** etiquette
- how to eat certain **foods** correctly



WINE APPRECIATION COURSE

You will learn:

- how to **appreciate** quality wine
- all about wine and food **pairing**
- how different **types** of wine are made
- how to perform **wine tasting** correctly
- how to **serve** and store wine correctly
- what **stemware** to use for each beverage

EMOTIONAL INTELLIGENCE COURSE

You will learn:

- how to **control** your emotions in crisis
- how to **express** emotions effectively
- how to handle emotions during **conflict**
- how to use your **values** to control emotions
- what are your unique emotional **profile**
- to develop an emotional **vocabulary**

CHRISTIAN APOLOGETICS SEMINAR

You will:

- learn how to **defend your faith**
- how to discern the **truth** about Christianity
- debate if the **Bible is reliable** as Scripture
- learn what **other religions** believe and why
- debate **tricky questions** and receive answers
- discuss the reality of **evil, God** and **science**

INTERIOR DESIGN COURSE

You will learn:

- discover your unique decorating **style**
- the aesthetic **principles** of interior design
- about new **trends** in interior decorating
- how to **renovate** old furniture
- how to use **colours** for creative effects
- how to create **do-it-yourself** items

CRITICAL THINKING COURSE

You will learn to:

- ask challenging **questions** about life
- increase your general **knowledge**
- discover amazing new **world trends**
- question **assumptions** and think critically
- develop your own **worldview**
- investigate **ethical** issues and seek solutions

SOCIAL DANCING COURSE

You will learn:

- the **steps** of popular social dances
- to project **self-confidence** on a dance floor
- how to dance with grace and **elegance**
- how to have great dancing **etiquette**
- how to **lead** a partner when dancing
- how to follow the **rhythm** of the music

TIME & STRESS MANAGEMENT

You will learn how to:

- live a **balanced** lifestyle
- increase your **focus** and work efficiently
- do stress relieve **techniques**
- how to use a **power nap**
- how to prevent a **burnout**
- **plan** your time based on your values

CHRISTIAN CAMP

The camp will help you to:

- discover your identity and **purpose** in Christ
- discover what is **God's will** for your career
- learn how to hear **God's voice**
- grow in your **faith** and **intimacy** with God
- strengthen your **relationship with God**
- encounter God as a '**real**' God

ADVENTURE CAMP

You will:

- learn to overcome fears for challenges
- enjoy 'adventure therapy' with your team
- do several river-based challenges
- do hiking and rock climbing
- do various fun and adventure activities
- learn about nature and star constellations

PHOTOGRAPHY COURSE

You will learn:

- the **principles** of great photography
- the main **technical** aspects of a camera
- how to take **creative** photos
- how to do **studio** photography
- how to achieve a great **composition**
- to work with natural and artifical **lighting**

CHARACTER BUILDING COURSE

You will learn:

- define your personal **value** system
- how to develop good character **habits**
- how great **role models** built character
- what constitutes **integrity** in a person
- do a random act of **kindness**
- what your character **strengths** are

THE COMMUNITY PROJECT

You will:

- do a **makeover** for a poor nursery school
- learn more about the realities of **poverty**
- **paint, built** and construct a playground
- learn how to work effectively in a **team**
- **solve** problems creatively
- apply your **character** strengths

CONTACT US

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