



RSN Group Skill Building Curriculum Summary

RSN's Group Skill Building Curriculum equips youth and emerging adults with a comprehensive toolkit for success in personal and professional spheres. Our curriculum incorporates best practices for active learning and is based on feedback from participants, facilitators, community partners, and industry professionals. Our highly interactive and experiential sessions include creative expression, group discussion, mindfulness, and movement activities to provide an inclusive and holistic learning experience.

The Life Skills curriculum aims to:

- Empower teens with essential life skills to thrive in personal and professional spheres.
- Enhance participants' understanding of the Eight Dimensions of Wellness and their interconnectedness and impact on daily life.
- Equip participants with practical strategies for emotional regulation, effective communication, setting boundaries, and making informed decisions.
- Foster self-awareness, empathy, and a positive self-concept.
- Develop participants' ability to establish and maintain healthy relationships.
- Promote financial literacy and responsible decision-making.
- Facilitate the exploration of vocational interests and goals.

Distinguishing features of RSN's Life Skills Curriculum include:

- Lessons are customizable for cultural context, workforce readiness, age/grade/skill level
- Interactive and experiential sessions including creative expression, group discussion, mindfulness, and movement activities
- Additional sessions available based on group needs & interests
- Engagement opportunities for community partners & organizations

Weekly Session Topics:

1. **Community Expectations & Social Contract**
2. **Physical Wellness:** promotes a holistic approach to wellness, emphasizing balanced nutrition, staying active, and fostering positive self-image; equips participants with practical strategies for maintaining physical well-being.

3. **Emotional Wellness:** enhances participants' understanding of emotional wellness, self-awareness, and emotional intelligence; emphasizes positive self-concept, emotional regulation strategies, and healthy relationships.
4. **Social Wellness:** develops skills for building positive and meaningful relationships, effective communication, and collaboration; group discusses loneliness, social media and gaming effects, and post-pandemic social engagement.
5. **Spiritual Wellness:** participants identify personal values and motivations and discuss how they influence behaviors and outcomes, emphasizing self-honesty and boundary-setting.
6. **Healthy Relationships (Core Curriculum):** cultivates positive communication, conflict resolution, and self-reflection skills while preventing harm by identifying signs of unhealthy relationships.
OR
Vocational Wellness (Workplace Readiness Groups): discusses the importance of meaningful work and career goals and best practices for resumes, cover letters, and personal branding .
7. **Financial Wellness:** an overview of personal finance concepts, emphasizing healthy financial habits and fostering a deeper understanding of the lasting impact of financial decisions on all areas of life.
8. **Participant-Led Wrap-Up:** Participants shape the agenda and structure of the session, contributing to the sense of ownership and empowerment that characterizes the Life Skills curriculum—topics selected from (or built upon) previous weeks.