

# PCC METRO CENTER—TANF Program

## LIFE SKILLS



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### PARTICIPANT ACTIVITIES INCLUDE:

- ◆ Group and 1:1 support with Career assessments
- ◆ Develop helpful work place habits & social skills
- ◆ Research and improve skills to:
  - ◆ Building self-esteem
  - ◆ Feel better about yourself
  - ◆ Practice positive self talk
  - ◆ Assess your skills
  - ◆ Identify affirmations
  - ◆ Problem solving
  - ◆ Budgeting
  - ◆ Parenting skills
  - ◆ Identify resources
  - ◆ Employment retention
  - ◆ Improve work-life balance
  - ◆ Decision making
  - ◆ Effective communication
  - ◆ Interpersonal relationships
  - ◆ Time management
  - ◆ Practice lifelong learning

**FOR MORE  
INFORMATION  
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