



Includes Two Instructional Levels

Independent Living Skills

- Banking: Credit & Loans
- Banking: Checking & Savings
- Getting Around
- Living on Your Own
- Skills for Buying a Car
- Renting an Apartment
- Life Skills for the Telephone
- Consumer Shopping
- Customer Service
- Time Management
- Perimeter & Area
- Laundry
- Using Money
- Kitchen Safety
- Kitchen Tools
- Measurements
- Baking Math
- Sales Tax, Discounts, & Tips
- Study Skills
- General Housekeeping Tips

Job Prep & Employability Skills

- Planning Career Goals
- Looking for a Job
- Developing a Resume
- Completing a Job Application
- Interviewing for a Job
- Positive Attitudes in Getting a Job
- Your Appearance in the Interview
- Verbal & Non-Verbal Communication
- Written Communication
- Your Appearance on the Job
- Positive Attitudes in Keeping a Job
- Maintaining Regular Attendance
- Following Directions
- Workplace Literacy
- Expectations on the Job
- On-the-Job Phone Skills
- Managing Your Money

Curriculum Wishlist

Self-Confidence & Social Skills

- Cyberbullying
- Bullying
- Internet Safety
- Problem Solving
- Conflict Resolution
- Self-Esteem
- Friendship Basics
- Teamwork
- Service Learning
- Social Skills
- Showing Respect
- Diversity Awareness
- Self-Determination
- Workplace Bullying

Health & Nutrition

- Planning Healthy Meals
- Weight Control & Physical Activity
- Healthy Snacks
- Healthy Meals on a Budget
- Food Labels
- Active Recreation
- Passive Recreation
- Dangers of Tobacco
- Basic First Aid
- Basic Hygiene
- Dangers of Alcohol

Online Delivery: Microsoft and PDF file downloads

Training: On-demand & On-line training options

Pricing & Information:

Heidi C. Johnson

Local Sales Representative for MN, ND, SD, IA, and WI

Email: heidi@worklifeready.com **Call:** (763) 286-0476

Local Website: worklifeready.com/achieve-life-skills/

Schedule a Demo: calendly.com/worklifeready

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