



Association for the development of life skills

Teaching People to Learn How to Live

The association is a Non-Profit, Non-Governmental Organization, which aims to offer children and adults opportunities to develop their emotional, interpersonal relationship and learning skills, through seminars, workshops, seminars and other activities.

What are Life skills?

Life Skills for us take on two dimensions: the development of intrapersonal and interpersonal skills.

- Personal Development:

Self-awareness,	Self-Knowledge
Self-control,	Self-acceptance,
Self-respect,	Self-esteem

- Interpersonal relationships:

Communicative Skills,	Empathy,
Respect of Diversity,	Acceptance
Co-operation,	Love...



WHO WE ARE

The Association was first formed in 2004 by a group of educators who wanted to contribute to the provision of opportunities for personal development, and was formally acknowledged in 2006. Since then, the number of members has been rising steadily and now includes people from a variety of occupations, educators, sociologists, anthropologists, psychologists, lawyers, accountants, etc.

OUR ACTIVITIES

- The organization of seminars, workshops and lectures for the development of Life Skills for adults.
- The organization of activities and workshops for children and young adults on the development of life skills.
- The training of educators, parents and others who are interested in methods of developing Life Skills.
- Cooperation with schools, local and regional organizations, groups and associations in Cyprus.
- Cooperation with international educational groups and institutes.
- Participation in international conferences and seminars.

***“The quality of our life
depends on the relationship
we have with our selves
and with others”***

FUTURE ACTIVITIES

- Registration in international organizations.
- Development and distribution of educational materials.
- Creation of Centers for Life Skills Development.
- The promotion of Life Skills development into the National Curriculum.



Educating the Mind and the Heart



NEW MEMBERS

The Association is constantly recruiting new members, to enrich and sustain itself. New members can contribute actively in the Association's operations by taking part in the preparation or implementation of activities, or in the operation of one of our sub-committees:

1. European Programs,
2. Syllabus Development,
3. Activity organization,
4. Information and Updates.

OUR PROJECT TOPICS

Communication Skills
Healthy Relationships
Healthy Family Relationships
Parenting Seminars
Developing Children's and Adolescents' Self- Esteem
Handling School Failure
Self-Awareness for Children
Self awareness for Adults
Setting and Achieving Our Goals
Theatre Games and Role-Play
Tolerance and Mutual Understanding
European Identity
Social Cohesion
Group Dynamics
Working with Diversity
Nutrition and Emotions
Anti-Trafficking Projects
Emotional Intelligence

CONTACT US

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