

Course Name	–	<b><u>CERTIFICATE IN LIFE SKILLS EDUCATION</u></b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support ( <b><u>CNO SP89</u></b> )
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 6 modules)
Eligibility	–	Teachers/ Educators / Special Educators/ Counsellors / School Heads/ Managers
Interaction	–	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

**Learning Objective :** This course equips educators, school counsellors, wellness coaches, and life-skills facilitators with the knowledge and practical strategies to develop essential life skills in students as recommended by NCERT and CBSE. Participants learn how to nurture decision-making, emotional regulation, communication, resilience, and responsible behaviour in age-appropriate, experiential, and non-academic ways that support holistic student development.

Course Modules	Brief Course Module Descriptions		
<b>SP8901 – Understanding Life Skills in School Education</b>	This module introduces the concept of life skills as outlined by NCERT and CBSE, including thinking, emotional, social, and coping skills. Participants learn why life skills are foundational to academic success and well-being. The preventive and developmental role of life skills education is emphasised		
<b>SP8902 – Self-Awareness, Emotional Intelligence, and Self-Regulation</b>	Focuses on helping students understand emotions, strengths, limitations, and reactions. Participants learn how to teach emotional awareness, impulse control, and emotional regulation through age-appropriate activities. Building emotional resilience is prioritised.		
<b>SP8903 – Communication Skills and Interpersonal Relationships</b>	Explores verbal, non-verbal, and digital communication skills. Participants learn how to foster empathy, assertiveness, active listening, and respectful interaction among students. Healthy peer and adult relationships are emphasised.		
<b>SP8904 – Decision-Making, Problem-Solving, and Critical Thinking</b>	This module focuses on developing students' ability to think through choices, consequences, and alternatives. Participants learn structured, experiential methods to teach decision-making and problem-solving. Responsible thinking is prioritised over rule-following.		
<b>SP8905 – Coping with Stress, Challenges, and Peer Pressure</b>	Explores strategies to help students manage stress, failure, change, and peer influence. Participants learn how to teach coping skills, resilience, and adaptability. Emotional safety and practical coping are emphasised.		
<b>SP8906 – Responsible Behaviour, Values, and Citizenship</b>	Focuses on values such as respect, responsibility, honesty, and social responsibility. Participants learn how to integrate ethical thinking, digital citizenship, and community awareness into life skills education. Positive behaviour and inclusion are prioritised.		
<b>Course Mode</b>	<b>Email Based (with guide assistance)</b>	<b>Whats App Based (with guide assistance)</b>	<b>Session Based (with 6 one-to-one sessions)</b>
<b>Course Fee</b>	₹4200 - Indian learners \$90 – Intl. Learners	₹5600 - Indian learners \$120 – Intl. Learners	₹8200 - Indian learners \$210 – Intl. Learners

For Admissions -

To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 9600 8000 20 or email us at [info@wiseteacher.in](mailto:info@wiseteacher.in)

**Upgrade Academy** [www.wiseteacher.in](http://www.wiseteacher.in) [www.schoolpsychology.in](http://www.schoolpsychology.in) [www.traintheteacher.in](http://www.traintheteacher.in)