

THE KHULISA “BREAKTHROUGH” LIFE SKILLS PROGRAMME

“I discovered a new part of me that wants to do right by my family and my work colleagues and thanks to Khulisa, I now have the tools to do so.” – Programme Participant

Programme Description

This programme focuses on essential yet basic life skills. The aim of the programme is to ensure individuals are personally empowered by learning essential skills to deal with every day situations at home, work or at school. In this way learnt negative behaviour is challenged and replaced with new positive behaviour traits. Group sessions are held where issues are discussed and where the group holds the individual accountable for their change, however, the most important part of this programme centres around the life application tasks. These are tasks the individual has to complete that aim to teach the participant about aspects of their lives they may not be aware of and to instill good behaviour habits.

Course Content

- Self-image
- Assertiveness
- Communication
- 3 Levels of violence
- Theory of violence
- Conflict resolution

Each session includes a life application task that allows the participants to commit to a behaviour change during the week and then feedback to the group at the next session. The commitment to the group makes the individual accountable for his/her own change and the group ensures that the individual remains motivated to change. The activities are designed to allow the individual to be aware of their own negative behaviour and the positive behaviour they need to start displaying as a result of the learning.



Learning Outcomes

- Identify and use effective communication skills with family members, friends and colleagues
- Build healthy relationships with relevant people
- Develop assertiveness skills
- Understand violence and own personal beliefs towards violence
- Develop skills to manage conflict situations
- Develop effective problems solving skills

Target Audience

- Children who require life skills programmes
- Adults on Diversion
- Aftercare programmes as a result of mediation

Programme Delivery

The programme consists of six sessions and should be delivered over a period of 6 weeks as the participants need the week between sessions to work on their Life Application Tasks.

Monitoring and Evaluation

- Pre and post assessment to evaluate behaviour change
- Life application task assessment to evaluate active participation and change in and as a result of the programme

Case Study

“My bad attitude was causing havoc all around me. I knew it, but I didn’t know how to be any different says Petrus Langa. “Relationships with my family and work colleagues were strained and I was feeling more and more lonely and unhappy. One day in a fit of rage I hit my wife and she pressed charges against me. A social worker recommended that I learn some anger management and communication skills by attending “Breakthrough”. My curiosity took me there and I’m so glad it did. In that programme I realized that much of my behaviour was due to a feeling of helplessness and a poor self-image. I discovered a new part of me that wants to do right by my family and my work colleagues and thanks to Khulisa, I now have the tools to do so.”