

VIDEO USER GUIDE

Leadership and Life Skills Video Program

Total Play Time: [13:24:28]



The best way to understand the concepts in this program is to use the videos along with the textbook. The videos contain explanations and commentary from a panel of experts that expand on the concepts in the textbook and help you understand the application of the topics in real-world situations. Whether you're a visual or an auditory learner, watching these videos will enhance your knowledge and understanding.

- Watch the videos sequentially and follow along with the textbook. Stop and review any section that you don't understand.
- Work through the questions in your textbook to test your comprehension.

NOTE: Our Leadership book is text only and there are no videos for this title.

Life Skills

The Art and Science of Achieving Success



Life Skills Video Play Time

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	<u>Play Time</u>	<u>Book Page #</u>
INTRODUCTION	[0:12:23]	
LEVEL 1 – BASIC SKILLS.....	[4:56:37]	page 3
Attitude, Balance, Change, Character, Coach and Mentor, Communication, Conduct, Continuous Learning, Entitlement, Fear, Forgiving, Gut Feeling, Healthy Lifestyle, Image, Inadequate Feelings, Life, Money Management, “No”, Organized, peer Pressure, Relationships, Resolving Differences, Risk-Taking, Sensitive People, Spirituality, Work Ethic		
DAY 1 SUMMARY	[1:15:02]	
LEVEL 2 – ESSENTIAL SKILLS.....	[2:15:00]	page 111
Conflict Management, Failure, Intimidation, Pareto’s Principle—the 80/20 Rule, Peter Principle, Planning, Problem-Solving, Teachable		
LEVEL 3 – ADVANCED SKILLS	[02:17:43]	page 147
Assuming Responsibility, Creativity and Innovation, Decision-Making, Delegation, Efficiency, Goal Setting, Motivation, Reputation, Self- Confidence, Teamwork, Time Management		
LEVEL 4 – COMPOUND SKILLS.....	[0:57:44]	page 195
Continuous Improvement, Happiness, Leadership, Leadership Style, memberships, Procrastination, Self-Awareness		
LEVEL 5 – COMPLEX SKILLS	[0:51:32]	page 227
Achievement, Crisis Management, Immediate Action, Overwhelmed, Prepared, Stress		
FINAL THOUGHTS	[0:36:27]	