

## Workshop Description

Tackling the Tough Skills™ is a fun, innovative, and highly interactive life skills curriculum published by the University of Missouri Extension to help hard-to-reach adults or teens prepare for success in work and life. Recent research shows the curriculum is also effective in teaching soft skills to employees in the workplace. It was written in 1998 by Rosilee Trotta, LCSW, University of Missouri Extension, to help people transition from welfare to work in the St. Louis area.

Since the curriculum was published in 2000 and marketed through the Internet, Tackling the Tough Skills™ has been impacting adults and teens around the world, including all 50 states, Washington, D.C., and more than a dozen countries. It is being used to teach life skills to diverse audiences, including Adult Basic Education/GED students, adult and juvenile offenders, school-to-work participants, the homeless, people in shelters, and pregnant teens, to name a few, as well as to teach soft skills in the workplace.

## Soft Skills Aren't "Fluff."

They are life skills that many take for granted, yet are critical when a person doesn't have them. Like:

Attitude.

Self-confidence. Healthy self-esteem. Making sound choices.

Responsibility.

Commitments. Choosing to be accountable for actions.

Communication.

Speaking, listening, and using body language effectively.

Conflict-resolution skills. Anger management.

Problem-Solving

Recognizing problems. Brainstorming to find solutions.

Working with others effectively. Managing time wisely. Taking charge of your life.

Preparing For the Workplace.

Importance of attitude to success in the workplace. Career planning. Effective resume-writing skills. Interviewing techniques.

The Junior League of Monmouth County  
PO Box 109  
Rumson, NJ 07704

# Life Skills Facilitator Training

*With*

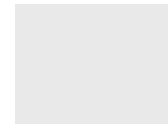
**Rosilee Trotta,**  
Author, *Tackling the Tough Skills™*

Hosted by



**Junior League of Monmouth County**

Dates & Times:	<u>Session 1</u> October 19- 9:00 am to 4:00 pm October 20- 9:00 am to noon <b>OR</b> <u>Session 2</u> October 20- 1:00 pm to 4:00 pm October 21- 9:00 am to 4:00 pm
Cost:	FREE
Location:	JLMC Headquarters 55 Center Street, Rumson, NJ
Participants:	Staff or volunteers of local community agencies serving families in need



## About the Trainer

Rosilee Trotta, LCSW

Urban Youth and Family Specialist,  
University of Missouri

As both the author of *Tackling the Tough Skills™* and the program trainer, Rosilee Trotta brings a kaleidoscope of life experiences. She became a peace corps volunteer in Ecuador at age 18. Hooked on the euphoria of learning from other people and their wisdom, Rosilee continued her own schooling in inner-city hospitals, day-care centers, housing projects, and social service agencies, as well as in an Eskimo village above the Arctic Circle. Along the way she picked up degrees in nursing, psychology, sociology, and social work, ending with a master's in social work and becoming a licensed clinical social worker.

Rosilee is currently the urban youth and family specialist for the University of Missouri, where she is primarily involved in workforce preparation, offender re-entry programs and offering educational insights into her curriculum. She also teaches workshops on parenting, diversity, conflict resolution, leadership, and anything relevant to families, youth and the workplace. In addition, Rosilee serves on a variety of boards dedicated to helping adults and children realize their potential.

## About the Tackling the Tough Skills™ Program

The Tackling the Tough Skills Curriculum for Trainers offers 9 hours of instruction in life skills training. This program meets requirements for training funded by the Workforce Investment Act (WIA). Participants will have ample opportunities for practice and discussion using many of the original activities in the curriculum. This certificate program will equip participants to teach critical life skills related to:

- Teamwork
- Conflict Resolution
- Attitude
- Responsibility
- Critical Thinking
- Self-Esteem
- Communication
- Problem Solving
- Critical Thinking
- Anger Management
- Workforce Preparation

## Revised Curriculum Features

- Teaches critical thinking skills through reflection, discussion, small group work, and role plays.
- 247 humorously illustrated pages, 93 that may be copied for overheads or handouts.
- Used with teens and adult audiences worldwide.
- Select a chapter or an activity, or use the whole book.
- Dozens of original activities that make learning fun.

[Ce.umsl.edu/toughskills](http://Ce.umsl.edu/toughskills)

## Registration Information

October 19 and 20, 2009

Or October 20 and 21, 2009

By offering two back-to-back sessions, we hope to make it feasible for you to send as many of your staff members as you feel is appropriate. If registering a large group, please consider dividing participants between the two sessions.

There is no cost to participate in this event, but we do ask you to complete an application form so that we may better understand the impact this training will have on your agency. The number of participants in the trainings is limited only by the space available at the training site, but we encourage you to send in your application quickly as space will be filled on a first-come first-served basis.

Applications are due  
by October 7<sup>th</sup>, 2009.

Please contact the JLMC Community Director  
at (732) 842-2039 for an application.

The application will be available on our  
website in early September.

[www.jlmc.org](http://www.jlmc.org)



## Junior League of Monmouth County

*Women building better communities*

**Our Mission:** The Junior League of Monmouth County's mission is to promote voluntarism, develop the potential of woman and improve communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational.

**Our History:** Founded in 1939, the JLMC started with 13 members in Red Bank, NJ. Today the JLMC is part of the Association of Junior Leagues International (AJLI), which is made up of 296 Junior Leagues in 4 countries. The JLMC has trained hundreds of volunteer members in its 70 year history and has created and developed hundreds of projects and programs in the area benefiting families.

**Our Members:** The JLMC reaches out to women of all races, religions, and national origins who have an interest and commitment to voluntarism. We have approximately 300 active and sustaining members, trained as accomplished collaborators who build coalitions, identify needs and develop effective and responsive programs to serve our community.

**Our Model:** The JLMC offers its members extensive training in leadership, organizational and program development, communication and fundraising. An integral part of this training is the JLMC's model of developing new community projects every 3 to 5 years to respond to emerging community needs as well as to develop the skills of our volunteers.

**Our Program:** Based on an extensive community needs assessment, we learned that local community organizations agencies often lack the internal capacity or resources to offer their clients meaningful life skills training to help them attain self-sufficiency. In response to this need, the JLMC launched a new Life Skills Training Program. Our first year focused on Parenting Skills training, life skills are the focus this year.