

About LifeSkills Online Training Workshops

LifeSkills Online Training Workshops prepare teachers, school counselors, prevention specialists, community youth educators, and other program providers to effectively implement state-of-the-art prevention education activities and teaching strategies found in the Botvin *LifeSkills Training* program with confidence and fidelity.

Is online training right for me?

1. Are you self-disciplined, do you work well independently, and can you set goals for completing tasks?
2. Are you confident using computers, printers, and software to perform simple tasks?
3. Do you have access to a land-line telephone, Internet, e-mail, and a computer?
4. Do you know how to download software from the Internet and install it on your computer?

If you answered "yes" to these questions, then you are a perfect candidate for online training!

What are the benefits of online training?

Flexibility Since many people live busy lives, this web-based application can be reached from home or any other Internet-accessible computer anytime. The flexibility of online training allows you to access the course wherever you want.



Convenience Training online means you can learn without leaving the workplace; you can fit training around your workload and repeat any material you need to for full understanding. This means you will learn more, have a more efficient training, and lose fewer hours of work while training.

Cost Online training is cost effective because it does away with any travel, lodging, and incidental expenses usually incurred when taking traditional workshops. Contact our National Training Department to secure your spot or to learn more information on cost and materials.

What will I learn?

The LifeSkills Online Training consists of a combination of trainer-led and self-paced sessions, LifeSkills Online Trainings Workshops prepare you to effectively implement state-of-the-art prevention education activities and teaching strategies found in the Botvin *LifeSkills Training* (LST) program. Workshops enhance your confidence and skill capacity, resulting in optimal implementation of the program with fidelity. During the workshop you will:

- Enhance your skill capacity to teach the LST curriculum with program fidelity
- Practice teaching strategies using lessons from the curriculum
- Learn instructional and classroom management strategies for successful program implementation
- Review the theory and research behind the LST Program

Online training consists of three sessions. The first session is a trainer-led live workshop. The self-paced session can be completed on your own time prior to the third and final trainer-led live session, which is scheduled a few days later.

Session 1: Trainer-led live (90 minutes)

Session 2: Self-paced (120 minutes)

Session 3: Trainer-led live (90 minutes)

What is the cost?

The cost for a LifeSkills Online Provider Training is \$235 plus training materials. For more information on scheduling or signing up for an Online Provider Training, contact our National Training Department at **800-293-4969** or OLT@nhpamail.com.