

# DALY DYNAMICS:

(PROVIDING LIFE COACHING INTERVENTIONS)



UNLOCK  
YOUR  
INNER  
POWER.

## **PRODUCT:** **BASIC LIFE SKILL MODULES.**



### **TIME MANAGEMENT**

Your day personified



What is time?

Identifying time wasters. (group work)

Solutions. (group work)

Things to remember.

What am I going to do?

Setting goals

### **PERSONAL HOUSEHOLD BUDGETING**

What is a budget?

Household financial planning. Income / expenditure

Benefits of budgeting

Become a financial planner

Ways to get out of debt

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**DURATION:** 1- 2hr per session

**TARGET GROUP:** Reading and writing literate.

**COST:**

The costs are negotiated around the client's needs and the facilitator's travel and accommodation requirements. Facilitators are stationed in Cape Town.

**OTHER SELF SKILL MODULES:** Team work, public speaking, presentation skills, stress management. Various self skill topic presentations can be created and facilitated around the clients needs.