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### NEK-CAP, Inc. Offers Fun, Critical Life Skills Training

If you would like to learn critical life skills to help you be more successful at work and in life, NEK-CAP, Inc. is offering a fun, fresh approach at a new class starting November 12, 2013.

Tackling the Tough Skills classes, will be held every Tuesday and Wednesday, beginning November 12 - December 18, at the NEK-CAP Head Start Center, 444 E. 15th Street in Horton from 1:00pm to 3:00pm. The program will use a proven life skills curriculum from University of Missouri Extension called Tackling the Tough Skills(tm): A Curriculum Building Skills for Work and Life.

Participants will learn and hone critical life skills related to attitude, responsibility, communication, problem solving, preparing for the workplace, anger management, conflict resolution, critical thinking, self-esteem, teamwork, and dealing with stress.

Many people take for granted such skills as communicating effectively, taking responsibility, and handling anger appropriately, but lacking these critical life skills can seriously impact a person's ability to get along with others at home and at work.

The Tackling the Tough Skills(tm) curriculum has impacted adults and teens around the world since being published in 2000. The curriculum teaches what many call "soft skills," but which are essential skills if a person doesn't have them.

Individuals from various backgrounds have participated in Tackling the Tough Skills training programs offered by such organizations as community agencies, educational institutions and corporations.

The classes will be facilitated by Shelby Howard and Barb Holland, Family Development Advocates. Pre-enrollment is needed in order to ensure that adequate enrollment exists to hold the scheduled session. If the workshop should be full, we will attempt to contact you as to the next available workshop session. If inadequate pre-enrollments are received, the workshop will be cancelled for that location. No child care will be available. For more information or to pre-register by November 1, contact Shelby at 785-486-2965 or [showard@nekcaph.org](mailto:showard@nekcaph.org) or Barb at 785-742-2222, ext. 214 or [bholland@nekcaph.org](mailto:bholland@nekcaph.org).