

## **Skill Development for Teens**

At ScioLabs, we empower teens with the essential skills they need to excel in all areas of life. Our programs focus on personal growth, interpersonal effectiveness, and professional readiness, helping young individuals build confidence, adaptability, and leadership.

Choose from our engaging 75-minute interactive sessions, designed to address the real-world challenges teens face today. Watch them gain fresh motivation, practical skills, and a renewed sense of purpose to navigate life with confidence.

### **Personal Skills**

- Self-awareness
- Self-assessment
- Goal Setting
- Growth Mindset
- Time Management
- Beating Procrastination
- Critical Thinking & Cognitive Bias
- Higher Order Thinking Skills
- Building Resilience
- Healthy Habits
- Positive Body Image
- Understanding Emotions
- Handling Stress
- Creative Problem Solving
- Decision-making
- Researching Skills
- Digital Literacy and Social Media
- Digital Ethics and Cyber Security

### **Professional Skills**

- Leadership Skills
- Entrepreneurial Skills
- Design Thinking
- Financial Literacy
- Career Awareness & Planning
- Automating using AI
- Digital Creativity
- Marketing Skills
- Coding for All
- Visual Presentations

### **Interpersonal Skills**

- Communication Skills
- Nonverbal Communication
- Navigating Conflicts
- Assertiveness amidst Pressure
- Public Speaking
- Friendships & Romance