Lifelong Wellness Level II

Over 18 of the Aleman William

## SPARK SELF-MANAGEMENT LEVEL II TABLE OF CONTENTS

## Introductory Section

OBJECTIVES, RATIONALE, AND DESIGN	2 - 4
WORKSHOP FORMAT	5
SESSION OUTLINE	6
SELF-MANAGEMENT STRATEGIES	7-13
ADDITIONAL TOPICS	14
ESSENTIAL TEACHING SKILLS	15-16
INSTRUCTIONAL SUGGESTIONS	17
MANAGING THE CURRICULUM	18-19
YEARLY SCHEDULE	20
MATERIALS LIST	21
1 N N	