

## 12 Session Spectra Orange Interpersonal Skills Programme at Home

Sessions	Topics
Session 1	Self Awareness
Session 2	How People Tick
Session 3	Dealing with Difficult People and Situations
Session 4	Assertiveness
Session 5	Finding the Perfect Partner
Session 6	Parenting
Session 7	Coping with Bullying
Session 8	Dealing with separation and grief
Session 9	Coping with caring for family members
Session 10	Overcoming shyness
Session 11	Dealing with loneliness
Session 12	Forming good relationships