

PRESS RELEASE

FOR IMMEDIATE RELEASE

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MU Extension, St. Louis County Tackling the Tough Skills

Tackling the Tough Skills is an interactive life skills curriculum that helps adults and teens prepare for success in work and life. "It gave me the opportunity to look at myself and understand where I'm at," said a St. Louis participant after completing the course.

This *Tackling the Tough Skills Workshop for Trainers* equips participants to teach critical life skills: Attitude, Responsibility, Communication, Problem Solving, Workforce Preparation, Anger Management, Conflict Resolution, Critical Thinking, Self-Esteem, Teamwork and Dealing with Stress. The workshop uses *Tackling the Tough Skills™: A Curriculum Building Skills for Work and Life*.

In 2011, BJC HealthCare in St. Louis adapted the *Tackling the Tough Skills* curriculum to enhance its employee training programs. As a result, their "Life Lessons" program has helped employees with problem-solving, anger and conflict management, stress management, as well as encouraging employees to tap their full potential in their lives and careers.

***Tackling the Tough Skills* workshop details:**

- When: Wednesday, March 29 and Thursday, March 30 from 9 a.m. to 4 p.m.
- Where: MU Extension - St. Louis County, 132 E. Monroe Ave., Kirkwood, MO 63122
- Fee: \$195 per person includes training curriculum (choice of adult or teen version), lunch and continental breakfast both days
- Presenter: Rosilee Trotta, LCSW, *Tackling the Tough Skills™* author and trainer

Register: Call 314-400-2115 or go to tinyurl.com/TTTS-StL.

Additional information about upcoming classes and events at University of Missouri Extension in Saint Louis County may be found online at <http://extension.missouri.edu/stlouis>. Please follow us on [Twitter](https://twitter.com/MUExtSTL). Like us on [Facebook](https://facebook.com/MUExtSTL).