



# *Lifecology*



## What is Lifeology

- Accredited Tailor-made educational programme for high-school students.
- Using practical exercises and skills training.
- Immediate application of skills into the practice.
- Empowers and enables young person to be ready for real life after graduation.



## What teenagers get from Lifeology:

Ideas how to:

- respect others and to be respected;
- communicate with their parents, peers and authorities;
- develop their strengths and make full use of their potential;
- learn effectively;
- set their life goals based on their vision;
- live healthy life mentally, psychically and physically;
- respect yourself and others;
- deal with their daily life problems.



#### 4 programme areas:

1. **Inner Science** – get to know and understand yourself – your strengths, weaknesses, habits, borders. How to respect others.
2. **Relationology** – Study on relationships – understand the relationships with your parents, authorities, first loves, learn to love yourself.
3. **Careeristics** – find out what you like to do, how to be successful in it, state your vision, learn to communicate and rules of leadership.
4. **Healthee** – body care, physical and mental health. Importance of sufficient sleep, movement, nutrition.

A photograph of three young women sitting in a room with large windows and several potted plants on the windowsill. The woman on the left is wearing a purple hoodie and has her head tilted back, laughing. The woman in the middle has long blonde hair and is wearing a blue t-shirt, also laughing. The woman on the right has long brown hair, wears glasses and a black and white patterned cardigan, and is smiling. A semi-transparent orange rounded rectangle is overlaid on the bottom half of the image, containing text.

## What students can achieve:

- self-awareness
- self-respect
- leadership skills
- social skills in order to fully their potential through the leadership by their mentors.



## What methods do we use:

We use pedagogical, psychological and sociological methods, such as:

- Energizers
- Role plays
- Mental and memory exercises
- Argumentation
- Improvisations
- Brainstorming
- Didactic games
- Comparative methods
- Communication training
- Presentations



## What are methods based on:

1. Komensky School by Play (Schola Ludus)
2. Socratic dialogues
3. Storytelling of mentors



## Lessons structure:

1. Stories of mentors about up-to-date daily topic
2. Short explanation of new skill or knowledge and how it can be useful in the life of youth
3. Exercise
4. Sharing
5. Personal challenge



## Contacts

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