



Skills help you manage your emotions. Skills Coaching Strategies help others use their skills.

Login and watch color video lessons on
any device. The E-Learning is fun and easy!

Make life better- Check it out!



To login, follow these instructions:

- ▶ An email with the subject "Access to the Skills System E-Learning" will arrive; check your spam if it's not in your inbox.
- ▶ Click on **CLICK HERE** in the email to go to the E-Learning site. It's best to use the Chrome browser to access the E-Learning site.
- ▶ Create a password and click on **GO TO HOMEPAGE**.
- ▶ Agree to the Terms, click **SUBMIT**, and go to the Dashboard.
- ▶ Enter your email address and password to log in.
- ▶ Click on **ENTER** to go to Course 1.
- ▶ Watch the "How to Use the E-Learning" video.