This study was performed to determine the effectiveness of teaching life skills (consciousness skills and stress management skills) on the resiliency of girl students (guidance school and high school) of Gowgan city of Azabayjan province in a sample size of forty in two groups (twenty people). Participants were randomly assigned in to experimental and control groups. To study the effect of independent variable in the experimental and witness groups, one questionnaire (Connor and Davidson Resiliency Scale "2003" was used. Then life skills training (skills, stress management and self-awareness skills) test were carried out for 4 sessions after the end of the period the effect of comparison of this intervention the post-test was given to both groups. Pre-test and post-test results in both groups were compared with each other. The results of covariance analysis revealed that Life Skills Training Program in variables resiliency is effective. So that the training of stress management skills and consciousness, cause to increase resiliency of girl students. So it is suggested that this type of training, especially training in consciousness and stress management training should be in the curriculums of department of Education and schools.