



for more information call
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The Lifeskills Programme

For Modern and Advanced Apprenticeships

Background

Since 1999 we have been working with non-graduates and apprentices aged 16 to 21. The Lifeskills Programme was designed for a leading UK engineering company.

Lifeskills Part I

This part of the programme addresses the following areas:

- Personality profiling – this teaches the person about him/herself and why other people are different
- Learning styles – what works for one person may not work for another
- Communication skills – a vital element when working in teams
- Team work – strengths and weaknesses when working in a team
- Personal development plan – guiding each individual's personal development

These topics above provide a foundation in Lifeskills

Lifeskills Part II

This part of the programme takes them to a different level by introducing subjects like:

- Project management - project planning and execution
- Negotiation - negotiating to produce win-win results
- Cultural awareness - understanding how cultural differences can affect the outcome
- Advanced presentation - use of voice and posture to deliver high impact presentations
- Emotional intelligence and leadership - coping and leading in the modern world

During this phase, the young people execute a community project which simulates a business environment.

Each individual leaves the programme knowing more about him/herself and how to work with others.