

the **skills** network introducing



essentials

Preparing learners for life.

The development of Personal, Social and Employability skills.

The programme is made up of a series of manageable sections that cover Self Development, Social Awareness and Employability. This helps learners gain a number of transferable skills, suitable to developing personal, social and employability skills and showing personal progression, which looks great on any CV.

The course has been developed to improve learners' self-confidence in situations which were previously challenging, such as social interaction and understanding how to cope in social situations where you need that extra bit of confidence.

You can complete this course on our interactive online learning platform, EQUAL, where your knowledge will be assessed in bitesized chunks.



Please visit our website for more information:
www.theskillsnetwork.com/essentials

Social Awareness

Self Development

Employability



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an **engaging** package of **online learning.**



www.theskillsnetwork.com/home-learning

Social Awareness

- Managing your social behaviour
- Communicating with others socially
- Understanding stress
- Understanding anxiety
- Understanding depression
- Understanding eating disorders
- Understanding equality and diversity
- The Human Rights Act 1998
- Finding information about your rights.

**Auto-marked
assessments**

Employability

- Developing yourself and your strengths
- Planning and reviewing your self development
- Identifying and dealing with problems in daily life
- Key qualities required for employment
- Presenting information on a CV
- Job search skills
- Preparing for an interview
- Presenting yourself
- Rights and responsibilities
- Identifying achievable job goals
- Identifying and applying for jobs.

**Supplements
any course of
study**

Self Development

- Understanding the demands of study and setting targets for study
- Finding, using and keeping information
- Organising your study time
- Listening and contributing when learning
- What makes a healthy diet?
- Healthy food preparation
- Food safety awareness
- Barriers that can prevent a healthy diet
- The principles of exercise
- The principles of nutrition
- Alcohol awareness
- Substance misuse
- Sexual health awareness
- Money management.

**Bite-sized
autonomous
learning**