

Level 1 Certificate in **Personal and Social Development**

Key info

Type of qualification: QCF

Guided Learning Hours: 150

Credit Value: 15

Course overview

Personal and social skills are highly important for people in all walks of life. We interact with people constantly throughout life in our personal, social and professional relationships.

One of the key skills in life is being able to communicate well with other people, no matter what the situation. Personal and social skills such as time management, listening skills, problem solving and clear communication are also of high importance to most employers. By completing this course and gaining a nationally recognised qualification, you will be aware of the importance of these crucial skills and in a position to further develop them.



the **skills** network



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Who is suitable?


This qualification is ideal for anyone who wants to recognise the importance of, and further develop, their personal and social skills. It demonstrates to any current or future employer that you have the willingness to go that extra mile in order to develop your skills.

Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:

 **Paper-based**

 **Paper-based learning with online assessments.**

The online course is available on The Skills Network's online learning platform, **EQUAL**. Online learning with a difference, **EQUAL** features:

- **Exciting and engaging content**
- **Interactivity – featuring videos and games to enhance learning**
- **Virtual tutors who offer hints, tips and guidance throughout the course.**

What you will learn

This course is split into eight manageable units, covering topics such as:

- Dealing with problems in daily life
- Individual rights and responsibilities
- Managing social relationships
- Working as part of a group.

Benefits

- Gain a nationally recognised qualification
- Improve your personal and social skills to help you create a long-standing career pathway in your chosen industry
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed.

no exams
just assessments