

14. SKILLS FOR LIFE PACKAGES



This course focuses on skills we all need to use in everyday life. These include budgeting, healthy living, making valuable decisions and choices and many other life skills.

WHO IS THE COURSE FOR?

The skills learnt on this course can benefit everyone at certain times in their lives but it would particularly suit people who require support in these areas, whether your customers are school or college leavers, lone parents, unemployed people, adults with learning difficulties or ex-offenders.

WHY ATTEND THIS COURSE?

Whether your customers are used to living independently or not, it is useful to meet people in a similar situations to themselves to help them realise that they are not alone. The course enables people to build on the life skills they already have and learn new ones.

WHAT DOES THE COURSE COVER?

- Introduction – Ice-breaker
- What are life skills?
- Exploring budgeting skills and tasks
- Exploring healthy living and tasks
- Exploring making valuable decisions and tasks

HOW LONG IS THE COURSE? HOW MUCH WILL IT COST?

Both the course length and the cost will vary. We can design and deliver a course to the specific requirements of the company or your customers. We offer a free of charge consultation meeting to discuss course options and the length of the course.

TRAINING METHODS AND TECHNIQUES

We offer a wide range of interactive and engaging training techniques. As we all learn differently, each course has a visual, auditory (listening), kinaesthetic (movement) and retrospective, (looking back – reflective) element to appeal to every

learner. We adapt according to the diverse needs and abilities of the individual or group.

We also offer extensive public speaking and interviewing experience to offer each training programme.

Please note: All our courses are currently unaccredited. However we can design accredited courses based on specific outcomes as long as your organisation or company has the relevant accreditation for the course.

For more information please contact Giselle or Fran on 075903 95089 or email contact@outsidetheboxededucation.co.uk