

# Life Skills

## Summary

We deliver an individual course that focuses on helping you find college places, employment or apprenticeships. Our staff will provide an excellent level of support to assist you in preparing for and moving forward into the career of your choice.

Our focus is on English, Maths, job search, CSCS and personal and social development. You will take part in sessions designed to help you get the most out of what's on offer.

Through various work placement opportunities, you can have the chance to gain experience to sample your chosen career path.



## Training

At Lifeskills Solutions we deliver innovative sessions utilising the interactive SMART boards, digital audio visual equipment, computers and Internet. These sessions include:-

- Mathematics
- English
- Information Technology (IT)
- Interview Techniques
- How to complete application forms
- Sexual Health Awareness
- Victim Awareness
- How to complete a CV
- Job Search Skills
- Team Building
- Health and Safety Awareness
- Drug Awareness
- Equality and Diversity Awareness
- Job Preparation



## Vocational Experience

For our vocational training we focus on three main areas:-

- CSCS card, which is a health and safety awareness card needed to work on construction sites.
- Admin NVQ units.
- Retail NVQ units.

All of our vocational training is fully backed up with an excellent range of work placement opportunities to further enhance your learning experience and build employability skills. We currently offer work placements in the following vocational areas:-

- Construction
- Admin
- Retail
- Hairdressing
- IT
- Mechanics
- Catering
- Hospitality
- Housekeeping
- Customer Service
- Warehousing

