

# Thinking through Effectiveskills



## Develop the skills and confidence you need for the transition for life & work!

This WAO is designed to equip you with essential life and work skills, ensuring you feel confident and prepared for your next steps after school. Through practical activities, teamwork and reflective learning, you will develop key competencies in leadership, problem-solving, communication and resilience. This will support successful transitions into employment, apprenticeships or further education.

### Skills Focus



Digital Learning



Enterprise



Leadership



Literacy



MESP



Numeracy



Thinking

### Recognition of Achievement

L2-6 Adult Achievement Award

### Learning Intentions & Success Criteria

#### Learning Intentions

I will:

- improve skills in listening and communication.
- improve skills in collaboration and team work.
- improve skills in innovation and creativity.
- improve skills in strategic thinking and problem solving.
- improve skills in negotiation and conflict resolution.
- improve skills in leadership and delegation.
- improve skills in time and workload management.
- improve skills in planning and decision making.
- improve skills in confidence building and resilience.

#### Success Criteria

I can:

- complete minimum 40 hours of course, engaging in all of the activities and tasks.
- complete a reflective journal.