

1 Introducing transferable skills: animation

5-10 mins



Introduce the core transferable skills valued in the workplace with this animation and reflection questions to extend learning.

11-14 14-16 16-19 [Transferable skills animation and quick activity](#)

2 Connecting skills to the workplace: quick fire activity

5 mins



Help your students recognise how key skills are relevant for specific jobs and how their personality might suit particular roles.

11-14 14-16 - [Skills knockout](#)

- - 16-19 [Personality match](#)

3 Communication skills: lesson plan

10-90 mins



Support young people to develop effective communication skills and understand the impact of adapting their listening and speaking styles.

11-14 14-16 16-19 [Listening and speaking](#)

4 Adaptability skills: lesson plan

10-50 mins



Get your students to discover how adapting to change positively and applying adaptive thinking skills can help them in education and the workplace.

11-14 14-16 16-19 [Adaptability](#)

5 Workplace behaviours: lesson plan

10-105 mins



Explore a range of workplace behaviours around communication, values and workplace culture.

11-14 14-16 - [Understanding behaviours for work](#)

- - 16-19 [Identifying workplace behaviours and values](#)

6 Workplace challenges: practical activity

20-180 mins



Encourage your students to apply communication skills and adaptive thinking to tackle these challenge-based practical activities.

11-14 - - [Meeting challenges with confidence](#)

- 14-16 16-19 [Practising workplace challenges](#)

7 Setting goals: lesson plan

30-40 mins



Through group discussions, setting SMART targets and exploring motivational techniques, this lesson helps students set achievable goals towards realising their future ambitions.

11-14 14-16 16-19 [Setting goals](#)