

1

Skills and strengths for the workplace: lesson plan

10-120 mins 

Start this pathway by exploring skills and strengths for the workplace and discovering which of those students already have.

11-14	14-16	-	Exploring personal strengths for employment	
-	-	16-19	Recognising skills for success in the workplace	

2

Resilience: lesson plan

5-50 mins 

This flexible lesson demonstrates to young people the benefit of staying positive and how they can develop effective strategies to overcome setbacks.

11-14	14-16	16-19	Staying positive (resilience)	
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3

Problem solving: lesson plan

5-45 mins 

Help students to apply problem solving techniques to tackle scenarios in education and the workplace with this lesson.

11-14	14-16	16-19	Problem solving	
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4

The importance of confidence: lesson plan

10-120 mins 

Knowing when to show confidence and how mindset can help bring about goals is valuable for young people whatever stage they are at.

11-14	14-16	-	Self-confidence	
-	-	16-19	Building confidence and assertiveness	

5

Dealing with stress: Online lesson film

5 mins 

This film activity introduces the importance of identifying and alleviating sources of stress for maintaining good wellbeing.

11-14	14-16	16-19	Stress bucket challenge	
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6

Enterprise and innovation skills: lesson plan

40-90 mins 

Encourage students to work in teams to develop innovative and creative ideas with these practical activities.

11-14	14-16	-	Innovation and idea generation	
-	-	16-19	The enterprising ingredient of creativity	

7

Understanding inclusion and diversity: audio case studies

20-45 mins 

These inspirational audio case studies can be used to support a discussion on what it means to show inclusive, positive behaviours towards others in school or in the workplace and the benefits it brings.

11-14	14-16	16-19	Inclusion and diversity in the workplace	
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