

# An introduction to LifeSkills adult educator resources



# About LifeSkills

This short guide is designed to show you the range of free resources shown in the film, so that you can learn more about the most relevant content to support the people you work with.

If you haven't already, please remember to [register on LifeSkills as an 'Educator'](#). You will then be able to use the full suite of materials with your learners.

LifeSkills is a free programme designed for anyone who supports adults and young people to build their financial capability and employability skills, so that they have the confidence to find the job that's right for them.

Over 13 million people have now been supported by LifeSkills since it launched in 2013. Covering areas such as money management, finding a job and wellbeing, LifeSkills is designed to equip people with the skills, knowledge and confidence they need to succeed in work.

There are interactive online tools, tips and resources that your learners can engage with directly – as well as short, flexible modules that can be followed while you guide them.

#### The LifeSkills website also allows you to:

- Save your favourite content on the LifeSkills site
- Get recommendations from other educators
- Sign up to notifications about new resources relevant to you



# Educator hub: Adults

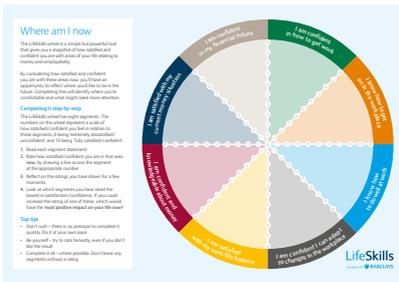
When you register on [LifeSkills as an 'Educator'](#), you will be prompted to create a dashboard where you can customise your profile and easily access the most relevant content for the learners you're supporting.

The coach an adult section of your dashboard offers practical tools, worksheets, activities, an educator delivery guide and more – to help support adult learners get on in life.



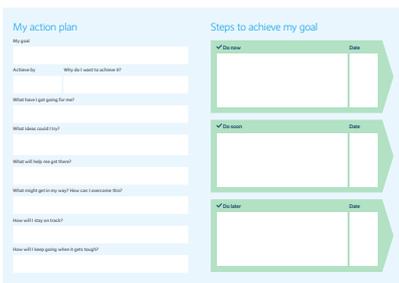
## [Educator delivery guide](#)

You don't need to be a trained coach to deliver modules. The [Educator delivery guide](#) walks you through the three-stage process when it comes to using the LifeSkills content with your adult learners – initial learner assessment, goal setting and action planning, and the modules. Make sure you download the Educator delivery guide to access further detail on the content that follows, as well as additional optional activities to support your learners.



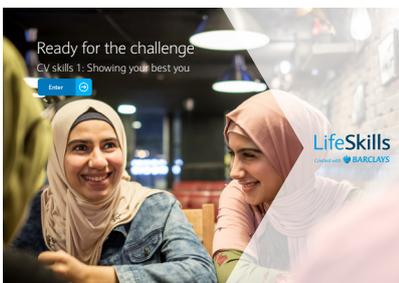
## [LifeSkills wheel – where am I now?](#)

Offering both a physical and digital version, we suggest you start the programme with an initial learner assessment using the [LifeSkills wheel](#) – a simple but powerful tool that will give your learners a snapshot of how confident and satisfied they are with areas of their life, related to finances and employability.



## [Where do I want to be](#)

Once your learner has chosen one area of the LifeSkills wheel initially to focus on, you can then move onto the [goal setting and action planning tools](#) to help them understand what they want to achieve.



## [Modules](#)

Now that you've identified your learners' needs, the next step is to pick your [modules](#). There are 30 modules, all of which are short, relevant and linked to the LifeSkills wheel. The modules are designed to help learners develop the key skills, knowledge and confidence for the world of work.

# Further Educator Hub content



## [Explore more](#)

Browse this page to find hints and tips, research insights and tools, to help you get started and make the most of the programme including the [LifeSkills CV builder](#):

- With employer top tips and examples to guide your learners throughout, this helpful tool includes important information that will make their CV stand out – including a personal statement, key skills, relevant experience, achievements and qualifications
- Once completed, a ready-made CV will be available for your learner to download, allowing them to progress in their job seeking



## [Opinions and advice](#)

The LifeSkills opinions and advice series showcases a wealth of tips and advice from educators, careers advisors and finance coaches, with guidance ranging from [How to be a cut above the rest in a competitive job market](#) through to [Handling emotions in the workplace](#).

“The overall feedback we have received regarding the LifeSkills programme has been overwhelmingly positive... The employability and financial capability resources combined with practical tools provide learners with the skills, knowledge and confidence they need to make progress.

In a matter of weeks, we have seen some learners progress from being too anxious to even engage in a 1-1 Zoom call to participating fully in group sessions.”

**Mandy**, Training Coordinator/Lifeskills Trainer, Lancashire Women



“LifeSkills is super easy to register an account and, once in, a really user-friendly website to navigate.

I’d recommend the programme to teachers working with adults – vulnerable or not, especially surrounding topics like mindset, confidence-building and showing the learners how far they’ve come.

The modules give me great examples and models to use in my own lesson planning. The examples are pitched at the right level for the majority of my learners, and learners love the interactive tools.”

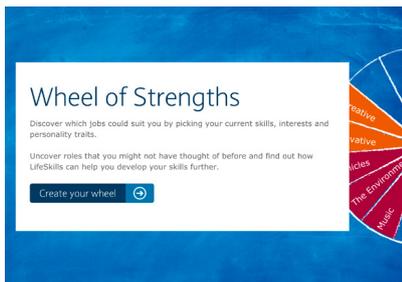
**Amy**, Tutor, Adult Community Learning, Swindon Borough Council



# Additional areas of the site relevant to your learners may include:

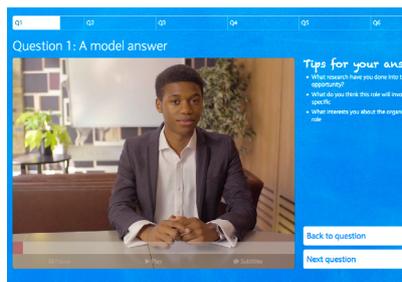
As well as the educator hub, you can also view a number of different hubs for different users. It's worth browsing the other hubs to see if there's any additional content you may find useful to use with your learners, including:

## Young people hub



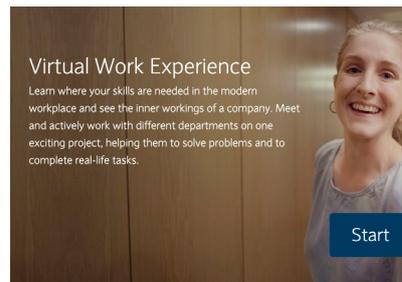
### [Choosing my next steps: Wheel of Strengths](#)

Discover which jobs could suit your learners as they pick their current skills, interests and personality traits.



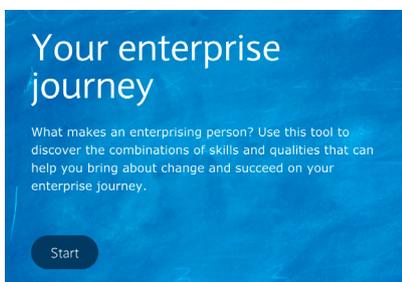
### [Virtual interview practice](#)

Learners choose from five different kinds of interview, from first job to career changes, and rehearse answers to the kind of questions they can expect whatever job they're going for.



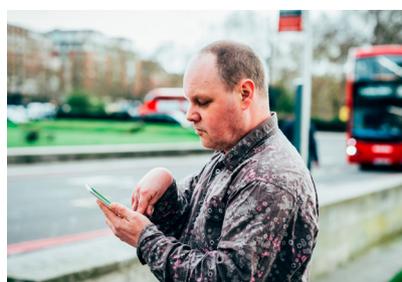
### [Virtual work experience](#)

This interactive tool transports learners to a 'digital transformation' agency, where users actively work with different departments on one exciting project, helping them solve problems and complete real-life tasks.



### [Your enterprise journey](#)

Learners can use this tool to discover the combinations of skills and qualities that can help them bring about change and succeed on their enterprise journey.



### [Blogs](#)

Ranging from [avoiding common CV mistakes](#) to [handling your emotions at work](#), the LifeSkills Blog series offers handy articles to help learners navigate working life.



### [Videos and audio](#)

From [developing your communication and interpersonal skills](#), to [exploring employee benefits and their different values](#), LifeSkills includes a wealth of videos and articles to boost employability and financial literacy skills.

## Independent learning content

Whether changing career, getting a job, or improving work-life balance, LifeSkills offers self-serve content for adults, with helpful topics that include [confidence with money, skills for the workplace and wellbeing](#).

### How can we help?

You'll probably find the answer you're looking for on our [help page](#). If not, feel free to [get in touch](#).