



## PERSONAL DEVELOPMENT

# Award in Personal and Social Skills - Level 1 Award

This qualification informs and guides the learner on the values, attitudes and personal skills required to thrive in the 21st Century. This qualification will focus on the rapidly changing social structures in both work, leisure, families and the ways of life. It considers the social, cultural and family diversity that impact on learners progressing to be strong, independent, resilient individuals and covers the nature of society and self-education including the impact on the journey of life.



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## Course Objectives and Subjects Covered

The key aims of the personal well-being award:

- Understanding The term Mental Health
- Forming Positive Relationships
- Personal Resilience and Perseverance
- Setting and Achieving Personal Goals

## Are you eligible?

- Aged 19+
- Unemployed and currently on benefits
- Not already completed the same level one qualification
- PLUS—Wi-Fi access

To learn more about opportunities for full or part funded, high quality training for you and your staff, call **0845 223 2401**, or email us at [upskill@steadfasttraining.co.uk](mailto:upskill@steadfasttraining.co.uk)



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