

**Confidence and Communication Skills** – building confidence to speak to new people, share ideas, and present yourself effectively in interviews. Developing teamwork, active listening, and the ability to communicate thoughts clearly and confidently.

**Resilience and Decision-Making** – developing the resilience to overcome challenges, setbacks, and changes in education or the workplace. Building the skills to make informed decisions about careers, college courses, apprenticeships, and future opportunities.

**Health, Wellbeing and Financial Awareness** – looking after your physical and mental wellbeing as you become more independent. Developing an understanding of budgeting, banking, and managing money responsibly to make informed financial decisions.

**Employability skills** – teamwork, leadership, organisation, and problem-solving that employers value.

**Citizenship and responsibility** – understanding your role in the community and making positive contributions.

# LHA Personal Development CURRICULUM

