

# Life Skills Program

Supporting all students in their journey towards the workplace with a particular focus on non-academic students and those at risk of disengagement, we focus on core strengths and abilities relating to these areas to real life situations in the workplace.

Utilising strengths-focus, with the option of StrengthsQuest © assessment, hands-on activities, group discussion, guest speakers and analysis of several industry sectors, we look to the future in terms of abilities and opportunities to improve self-esteem, confidence and so purpose for students involved.

Through a combination of group work, personal reflection, role plays and in depth discussion, students will develop a greater understanding of their personal strengths and talents and uncover how these can align to meaningful careers. Taking an employer's perspective, sharing core knowledge and skills throughout the entire recruitment process from responding to advertisements to successfully navigating through the interview process.

## 1. Personal Profiling through Strengths

- Using a Strengths framework to understand talents and skills
- Aligning interests and achievements to careers
- Creating a personal profile as a template for interviews

## 2. Resume Writing

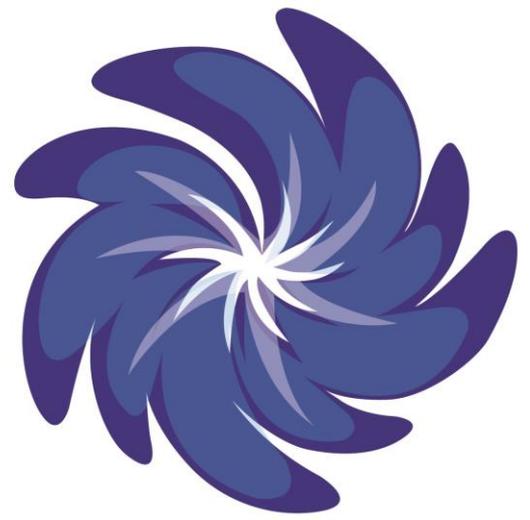
- Viewing example documents from a employers' perspective
- Build a comprehensive yet user friendly resumes
- Top tips in application letters for job seekers

## 3. Interview Techniques

- Positive body language, communication and dress to create a meaningful first impression and improve professional interactions

## 4. Introduction to Industry and Expectations

- Dissecting a range of industries to align with student interests, expectations and job descriptions



*Turning Point  
Consulting*



*"The day was highly valuable for our students who got a lot out of it and as professional development for ourselves as well. At the end of the day, students provided feedback sharing that they thought the activities were fun, interesting, they understood the content, learnt something new and understand themselves better. All the students felt comfortable with the speakers, thought they were friendly and were interested by them."*

**Yvette Beemster, Career Advisor, Brisbane Water Secondary College**



**Student Group:** Year 7-12 high school students and post school students

**Location:** Available from your School

**Duration:** 1 – 1.5 hours

**Cost:** Available on request

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