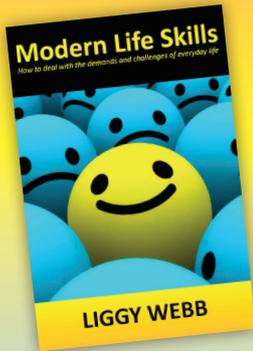


ENERGISE - ENGAGE - INSPIRE





“Life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.”

The World Health Organization

People Engagement

Engaging and supporting people through challenging and changing times is top of the agenda for many organisations. The Learning Architect, a consortium of behavioural skills specialists, have researched and designed a comprehensive portfolio of key life skills that will help organisations to:

- **Improve resilience and stamina**
- **Reduce stress and absenteeism**
- **Support work-home balance**
- **Help people cope better with change**
- **Get people thinking more positively**
- **Save money on essential learning**
- **Keep things simple and effective.**

What are Modern Life Skills?

The portfolio of modern life skills has been developed in conjunction with the United Nations Educational, Scientific and Cultural Organization (UNESCO) model which divides life skills into subsets of categories which include:

Learning to know - cognitive abilities

Learning to be - personal abilities

Learning to live together - interpersonal abilities.

As a result 20 core life skills have been identified and make up our Modern Life Skills Portfolio.

Modern Life Skills Portfolio

Change Ability

Communication

Conflict Resolution

Creativity

Decision Making

Empathy

Feedback

Goal Setting

Healthy Living

Life Balance

Impact and Influencing

Positive Thinking

Problem Solving

Relationship Building

Relaxation

Resilience

Self-Confidence

Stress Management

Time Management

Value and Purpose

How it Works

- Take a pick 'n' mix approach - choose from the portfolio available
- Each of the 20 life skills are 60-minute interactive bite-size sessions
- Longer sessions can be designed and tailored to suit your needs
- The sessions can accommodate any size audience
- The book *Modern Life Skills* provides a motivational take away
- Access to the online Modern Life Skills Library supports sustainable learning
- Coaching options are also available to suit your requirements.

Modern Life Skills Sessions

Each one-hour life skill module is designed to accommodate all learning styles. A specific engagement loop is followed to maximise learning potential and to ensure sustainable personal outputs:

- Introduction to the given life skill
- Sharing positive experiences
- Presentation on the life skill
- Group interactive activity
- Tips and toolkit for each life skill
- Reflection and review time
- Personal action planning.

Team Tonic

Team Tonic is a great way to energise and lift the spirits of any team.

This one-day event delivered in partnership with specialist event company MotivAction, explores selected life skills and includes interactive team activities.

Team Tonic:

- **Is tailored to suit teams or organisations of any size**
- **Is highly interactive, fun and engaging**
- **Inspires teams to be more positive**
- **Encourages individuals to take personal responsibility**
- **Promotes sustainability through personal action plans**
- **Provides post-event support and materials.**

The ultimate tonic to energise, engage and inspire!

For further information contact The MotivAction Group at teamtonic@motivaction.co.uk or call **01920 458 548**.

Modern Life Skills Library

The Modern Life Skills Library is an easy-to-navigate online resource portal that provides valuable support information for individuals without being overwhelming or complex.

It features over 100 bite-size resources, including advice sheets, toolkits, short videos and an audio book. The content is aligned to the 20 core life skills and is comprehensive, engaging and encourages sustainable learning.

Email info@thelearningarchitect.com for a free trial.

Returning Your Investment

Team Tonic:

- **Is facilitated by a behavioural skills specialist**
- **Is flexible to suit all environments and audiences**
- **Uses a blended approach to suit all learning styles**
- **Provides post-activity materials and online support**
- **Is delivered on-site or local venues are sourced**
- **Focuses on personal action outputs**
- **Sees quick return in behavioural change and results.**

Complimentary Invitations

Each month we host complimentary Modern Life Skills taster events where you can experience first-hand how our approach works. These half-day events are delivered in various geographical locations.

Email info@thelearningarchitect.com for more information.

Our Clients

UCAS, NHS, Jaguar Land Rover, Asda, Lloyds TSB, United Nations, Peugeot, Babcock, British Gas, Citroën, Herbalife, Cheltenham Borough Council, Lloyds Pharmacy, NFU Mutual, Npower, P&O Cruises, PWC, Thames Valley Police, TUI Travel, University of Westminster, RBS, David Lloyd Leisure and RSC.

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