

Life Skills – your secret weapon...



Emma Sue Prince
BA, PGCE, Trinity Lic Dip TEFL, MBA

*Author – “The Advantage
7 soft skills you need to get ahead”*



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“Everyone thinks of changing the world...but no one thinks of changing himself”

- Leo Tolstoy



Right now...



We need personal competences that are going to make a difference



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Help us cope with extraordinary change and challenge



Grab opportunities



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Live happier and better lives



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Step up to the table and be responsible

Survive and thrive





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Gloom and doom

We're living in a world with a highly uncertain economic outlook and with living conditions worsening for millions because of past failures and not acting on what was foreseeable and actionable.

- Adrian Done, "Global Trends" 2012





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- 40% - working at “very high speeds” for most of working life
- 60% - working under pressure of tight deadlines for most of working day*
- Fear of losing job never higher – hyper competition
- We are slaves to technology

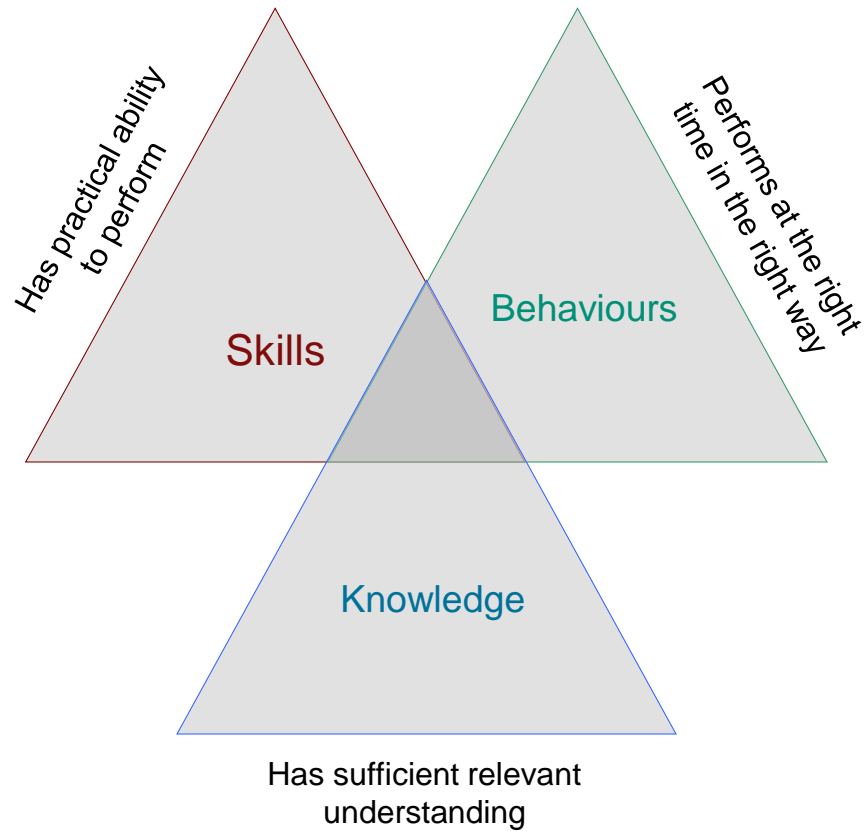
**UK Commission for Employment and Skills 2013*



We need skills and tools for the world
we now live in....



Ideal profile



Employee characteristics most difficult to find when recruiting staff



Effective Education for Employment*



- EEE research highlights that education is not addressing the growing need to focus on developing behaviours such as effective teamwork, Integrity or assertiveness.
- As we move from a service – based economy to knowledge based economy – behaviours become even more key.
- Lack of programmes in the 14-19 and beyond market that offer a comprehensive suite of programmes focusing on behaviours.
- Lack of rigour, industry standard or certification in company soft skills training programmes.







Poll

When it comes to life skills
what is most important?

- a) Your character
- b) Your self-awareness
- c) Your experience



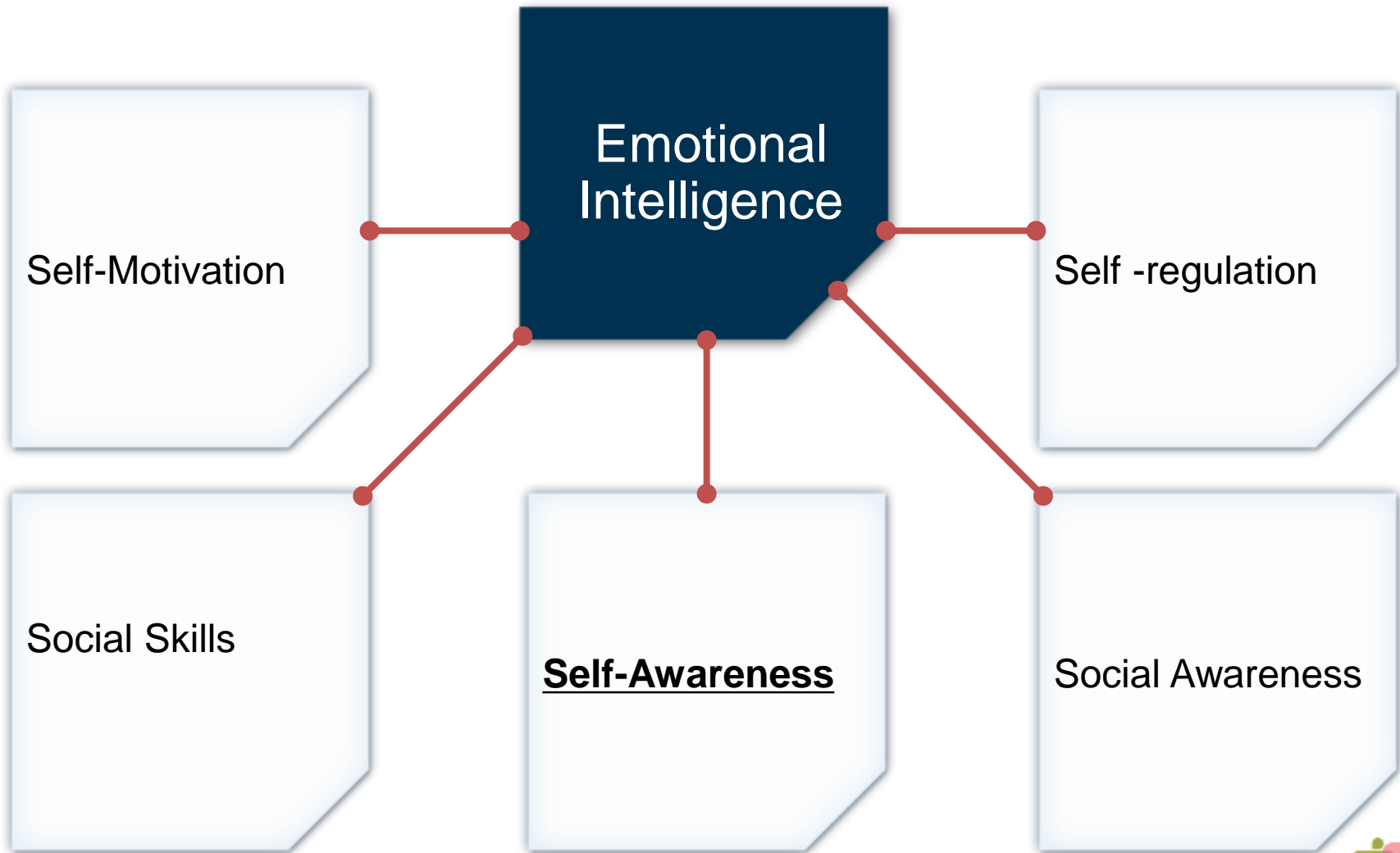
UCLA research claims that 7%
of effectiveness comes from
intellect (IQ)

93% comes from emotional
intelligence (EQ)

67% of abilities
essential to top
performance are
interpersonal based

***The quality and history of
your personal
relationships
are the only source of
competitive advantage
which cannot ultimately
be
copied by others***





What is Emotional Intelligence

To be successful requires the effective awareness, control and management of one's own emotions, and those of other people. EQ embraces two aspects of intelligence:

Understanding yourself, goals, intentions, responses, behaviour - and managing these appropriately

Understanding others, their feelings, mindset, responses - and managing yourself in relation to others

You develop and improve EQ by learning and practicing new skills



EQ is vital for developing life skills like...

- Critical thinking
- Problem-solving and decision-making
- Being proactive and resourceful
- Being a great team worker
- A leader when you need to be
- Communication skills
- Confidence
- Health in mind and body
- Being productive – effective and efficient
- Managing stress



*“Ok Emma Sue – how
do I develop these
magic skills”?*



Poll

What is the best way to develop your life skills?

- a) In the classroom
- b) From your parents, colleagues, friends
- c) Reading about them
- d) Going through challenging experiences



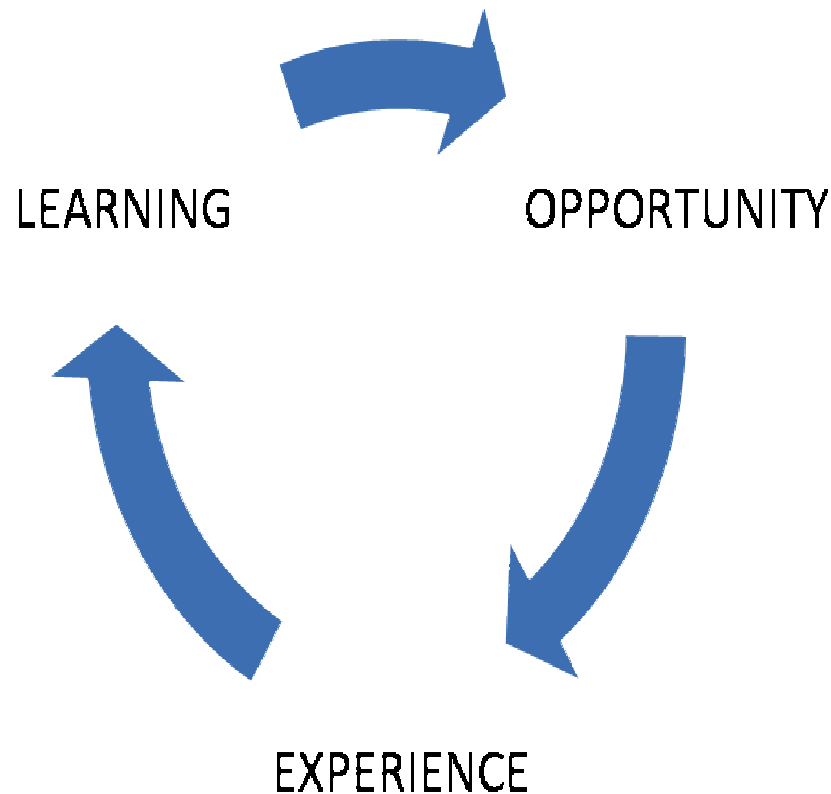


What we
have to
learn to do...

...we have
to learn
by doing.

Aristotle

The cycle of change.....



① Experience

DO



④ Apply

LINK

REVIEW

② Interpret

THINK

③ Generalise



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Life skills classes – “formal” learning using experiential learning methodology



Understanding yourself – *Myers Briggs, EQ tests, getting feedback*



Understanding what you have control over
and what you have not – working that out for
yourself day by day – *place your energy on
those things you HAVE control over!*



Life will provide you with problem-solving opportunities – *get perspective, identify different solutions and consequences, decide*



The comfort zone



We don't like change!

"I could never do that..."

"that will be too hard for me..."



Taking part in sports or other group activities – *reflect on your strengths/weaknesses and tendencies*



Lead something! Take something on



Help and contribute to your community – *helps you deal with people*



Take more risks, make mistakes



Be open to learning new things



Give more presentations!

*You'll develop confidence, presence, style
and communication*



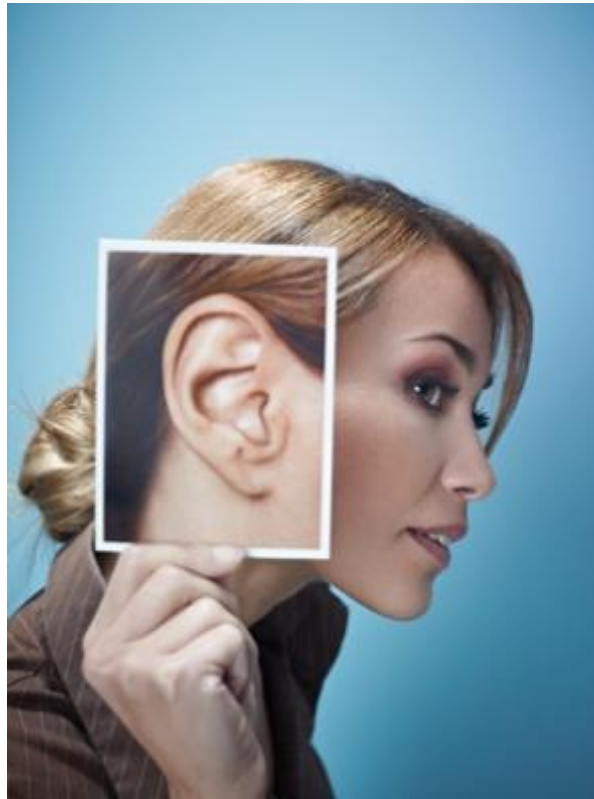
Playing video games! – *creativity, reaction time, motor skills*



Manage your devices



Taking opportunities to practice listening and empathy



Understanding stress triggers and combating them through: *mindfulness, sleep, slowing down, reflection, keeping a journal*



Using all the resources available to
you!



emmasueprince@unimenta.com

www.unimenta.com

www.the-advantage.info



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