



LIFE SKILLS

SHOWCASE





OUR LIFE SKILLS PROGRAMMES
AIM TO PROMOTE INDEPENDENCE,
A HEALTHY LIFESTYLE AND BUILD
YOUR SELF-ESTEEM AND CONFIDENCE
WHILST ENCOURAGING YOU TO TAKE
RESPONSIBILITY FOR YOUR LIFE.

DEVELOP
LIFE SKILLS



We strive to give you the tools,
skills and knowledge to enable
you to enjoy an independent
and fulfilling future.



FEEL
SAFE

QUICK STATS

Life Skills programmes are designed to enable learners to develop personal skills through participation in day-to-day activities, promoting independence and social interaction.

UNITS COVERED:

- Cooking, cleaning and how to look after your home
- Safety when out and about
- Personal hygiene and presentation
- Developing assertiveness, self-advocacy, understanding rights and responsibilities
- Household shopping and expenses
- Health and fitness, team activities and outdoor pursuits
- Gardening
- Understanding relationships
- Volunteering and working as a volunteer

FACILITIES:

The College boasts a specialised Life Skills room which includes a kitchen, household appliances and living area, providing for a realistic environment to bring learning to life. The provision provides a pathway for learners to integrate into Further Education.

INFO ON STAFF:

Zoe Thompson, Mel Kemple, Mel Pardoe, Hilary O'Connel

Check out the full programme list on our website!
www.coventrycollege.ac.uk



OUR LIFE SKILLS PROGRAMMES WILL GIVE YOU THE OPPORTUNITY TO EXPERIENCE A RANGE OF ACTIVITIES INCLUDING COOKING, MUSIC, ARTS & CRAFTS, FUNDRAISING AND WORK EXPERIENCE.

You will also have the opportunity to celebrate your achievements and develop your skills on a residential trip at the end of year.

On your study programme you will work to improve your English, maths and employability skills throughout the year. You may also have the chance to take part in placement opportunities in a safe and nurturing environment.



All of the Life Skills staff have been very supportive and have encouraged me to always do my best. I am now able to problem solve, stay calm in challenging situations and I now have a voluntary job working with animals. Thank you.

Callum Carr
Former Life Skills learner



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Success Stories



Debbie's Journey

Debbie was a very motivated learner who completed her Life Skills programme to a high standard.

Debbie needed to work hard on developing her social skills, how to interact with different people and how to deal with different situations.

Debbie was given the opportunity to do work experience in the catering department. She learnt many new skills including front of house, taking orders, working behind the bar, using the cash till, serving food to customers, how to communicate properly with customers, wearing a uniform, time management and much more... From this experience, Debbie had the confidence to leave the Life Skills department and enrol on a catering programme, where she went from strength to strength.

Debbie was a joy to know and teach!

Mel Pardoe, Life Skills lecturer



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LIFE SKILLS**

Sam and Kevin's Journey's

Sam Morris did her work placement at Life Path Trust and used to work in day care one day a week. She supported the clients taking part in art and craft, and also Keep Fit sessions. Sam is now volunteering for LPT and completing a volunteer training scheme with them.

Kevin Lickorish completed a Life Skills programme and then went on into catering. Last year he also completed English and maths qualifications.

Mel Kemble, Life Skills lecturer

**DEVELOP
NEW SKILLS**



Raeesa's Journey

I taught Raeesa for two years. She was a very capable learner and was keen to progress onto a mainstream programme. We value the potential in every learner and always strive to enable them to identify their aspirations and support them to fulfil their ambitions.

Life Skills at Coventry College supported Raeesa to gain the social skills and awareness, the study skills and emotional encouragement she needed to enable her to reach her goals. By the time she was ready to move on Raeesa was more confident, motivated and sociable.

Raeesa went on to complete a programme in business skills at Level 1 after gaining her Life Skills qualification with us.

Zoe Thompson, Life Skills lecturer



**GROW IN
CONFIDENCE**

TRIPS AND EVENTS

Life Skills Football

Learners take part in dedicated football sessions once a week, where they are able to play in groups in either the sports hall or on our outdoor pitches if the weather is good.

Christmas Party

Every year, learners are invited to a Christmas Party, held off site, where they are able to celebrate Christmas with their classmates.

Group Picnic

During the early summer months, learners get together in a local park to have a picnic and play some games.

Theatre Trip

Learners have visited the theatre in their groups, to experience more challenging social situations.

A Taste of Independence Café

Learners are given the chance to experience working life by setting up and running their own café. They are given the opportunity to name it, write CVs and job applications, have interviews and then run the café with real customers, as staff are invited to book a table and order food or drinks.

Cooking

As part of their weekly lessons, learners are able to cook a variety of meals, by working together to prepare all the elements under the supervision of their tutors, giving them a taste of independent life. Learners then sit together to eat their creations and socialise.



BE PART OF A
COMMUNITY

LIFE SKILLS FOOTBALL



TASTE OF INDEPENDENCE CAFE



INCREASED
INDEPENDENCE

GROUP PICNIC



CHRISTMAS PARTY



MAKE NEW
FRIENDS

LEARNER PROJECTS



Please note: the details in this magazine were correct at the time of publication. However, changes to provision and factual information may occur. We issue this information as a general guide and reserve the right to modify or alter without prior notice. Career/industry sector statistics are based on EMSI data 2019.

City Campus

50 Swanswell Street,
Coventry, CV1 5DG

www.coventrycollege.ac.uk

02476 791 100

hello@coventrycollege.ac.uk

