



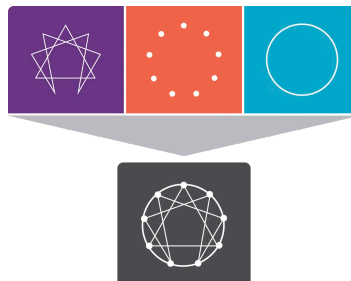
Core Life Skills



Core life skills include problem solving, critical thinking, communication skills, decision-making, creative thinking, interpersonal relationship skills, self-awareness building skills, empathy and coping with stress skills.

Endeavouring to master one, some or all of the above can optimise individuals' chances of improved future steps, which in turn, leads to greater self-worth and enhance confidence.

The Enneagram Model



To enhance individual and group performance, Arcadia will adopt The Enneagram as a model of human psychology and personality theory, that is based on the idea that each person has a unique and innate personality structure, or "essence," that shapes the way they see the world and themselves.

Key Practical Skills

- Developing an effective CV
- Cover letter writing
- Job applications
- Presentation skills
- Interview techniques
- Mentoring, coaching techniques
- Wellbeing and mindfulness, confidence boosters