

21st Century Skills – Part 2

Sessions Overview

Through a series of enrichment focused workshops, this course is designed to give an appreciation of how 21st Century skills contribute to everyday applications and for pupils to gain an insight into a range of related careers.

Breakdown of sessions for the 21st Century workshops:

Session 1: Emotional Learning

Learning opportunities include:

- Emotional Self-Development
- Recognising self-development
- Emotional regulation
- Stress management

Session 2: Improving confidence and listening

Learning opportunities include:

- Emotional Intelligence
- Positive psychology
- Stress management
- Empathy

Session 3: Emotional Learning – Part 2

Learning opportunities include:

- Persistence
- Integrity
- Forgiveness
- Humility

Session 4: Empathy

Learning opportunities include:

- Neuropsychology
- Being able to compromise and negotiate
- Take ownership of one's own actions

Session 5: Communication

Learning opportunities include:

- Attitude
- Courtesy
- Self-esteem
- Self-compassion

Session 6: Negotiation

Learning opportunities include:

- Social skills
- People skills
- Decision