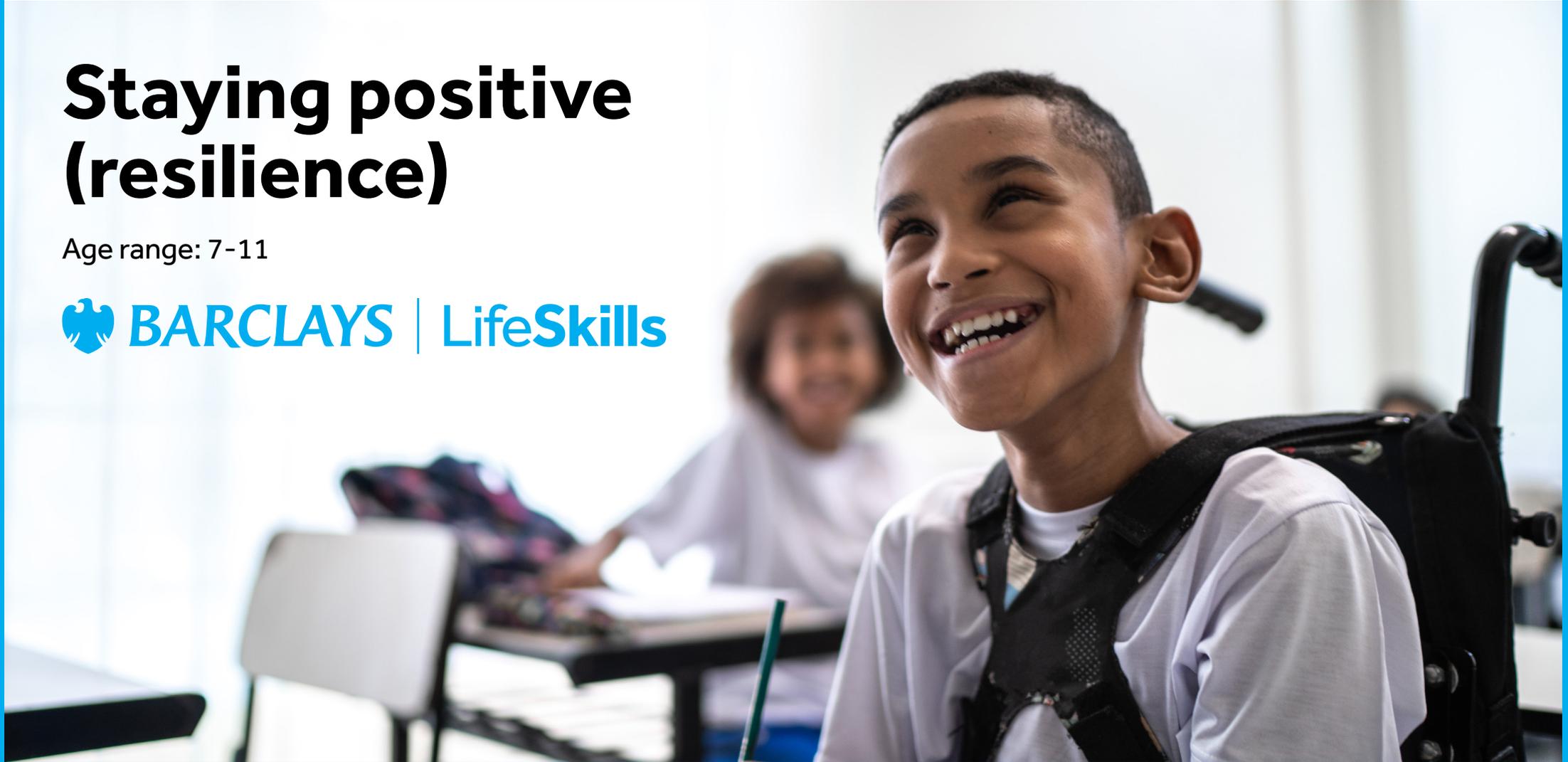




Staying positive (resilience)

Age range: 7-11

 **BARCLAYS** | LifeSkills



Why are core transferable skills important



Problem solving



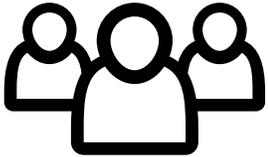
Listening and speaking (communication)



Creativity



Aiming high (proactivity)



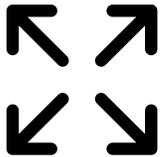
Leadership



Teamwork



Staying positive (resilience)



Adaptability





What is staying positive (resilience)?

2

Staying positive (resilience) is about not giving up when facing a challenge and continuing to try even when things go wrong.



Activity: Role play

How are you feeling about going to secondary school?



Case study 1: Kimberly



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"Although I was unsure what I wanted to do when I left school, I knew it was important to stay positive – when things don't go to plan, you can use the experience to improve next time and not make the same mistakes."

I looked into what options I had and found an online programme that helped young people find apprenticeships with support of a mentor. This programme helped me gain experience and taught me the importance of staying positive, using different tactics and the right mindset to find your way."

Case study 2: Jake

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