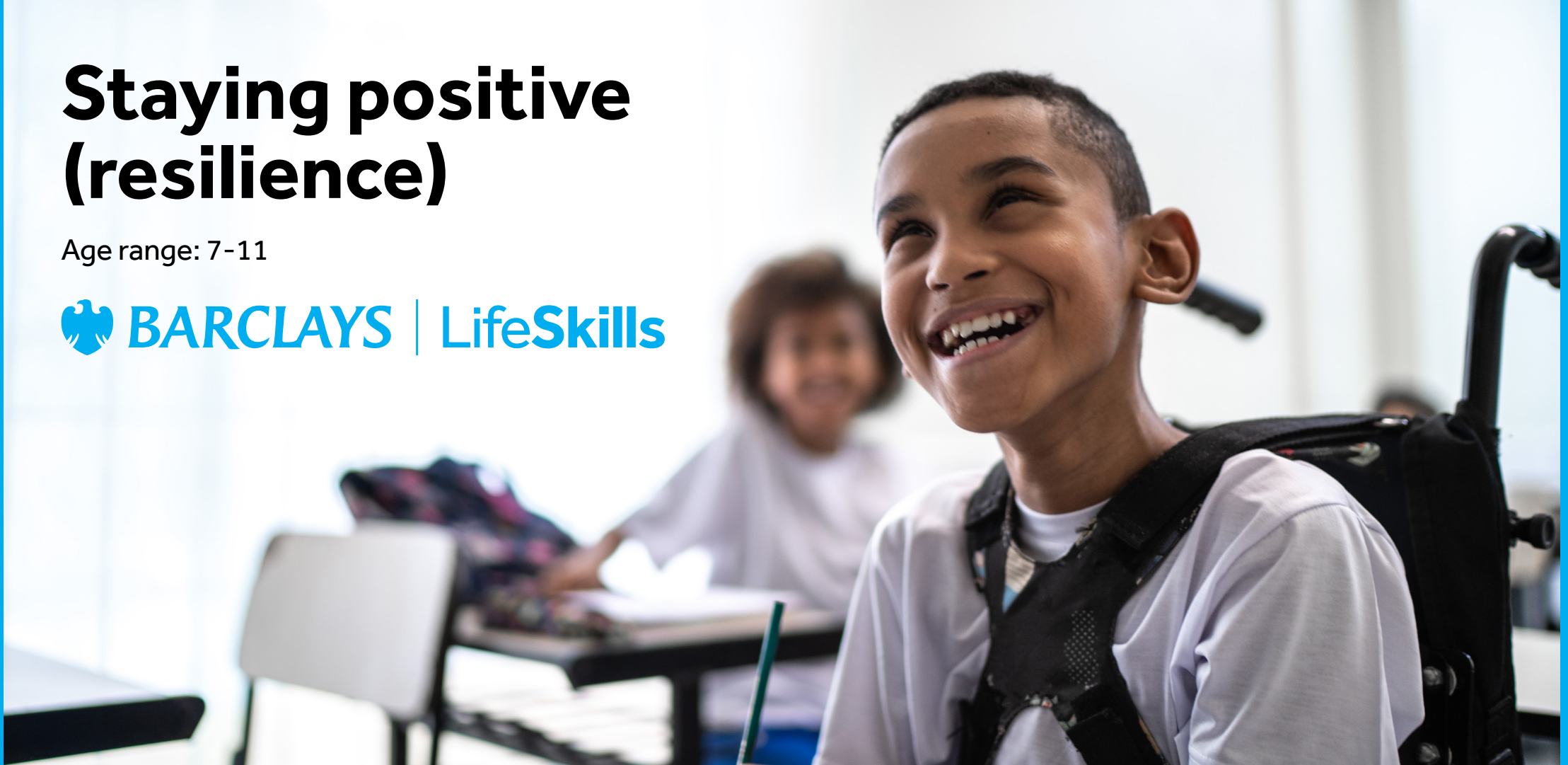




Staying positive (resilience)

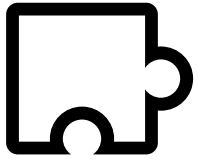
Age range: 7-11

 **BARCLAYS** | LifeSkills



Why are core transferable skills important

1



Problem solving



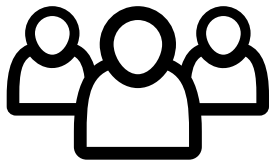
Listening
and speaking
(communication)



Creativity



Aiming high
(proactivity)



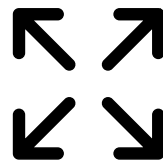
Leadership



Teamwork



Staying positive
(resilience)



Adaptability





What is staying positive (resilience)?

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?

3



Case study 1: Kimberly

4

"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

5

