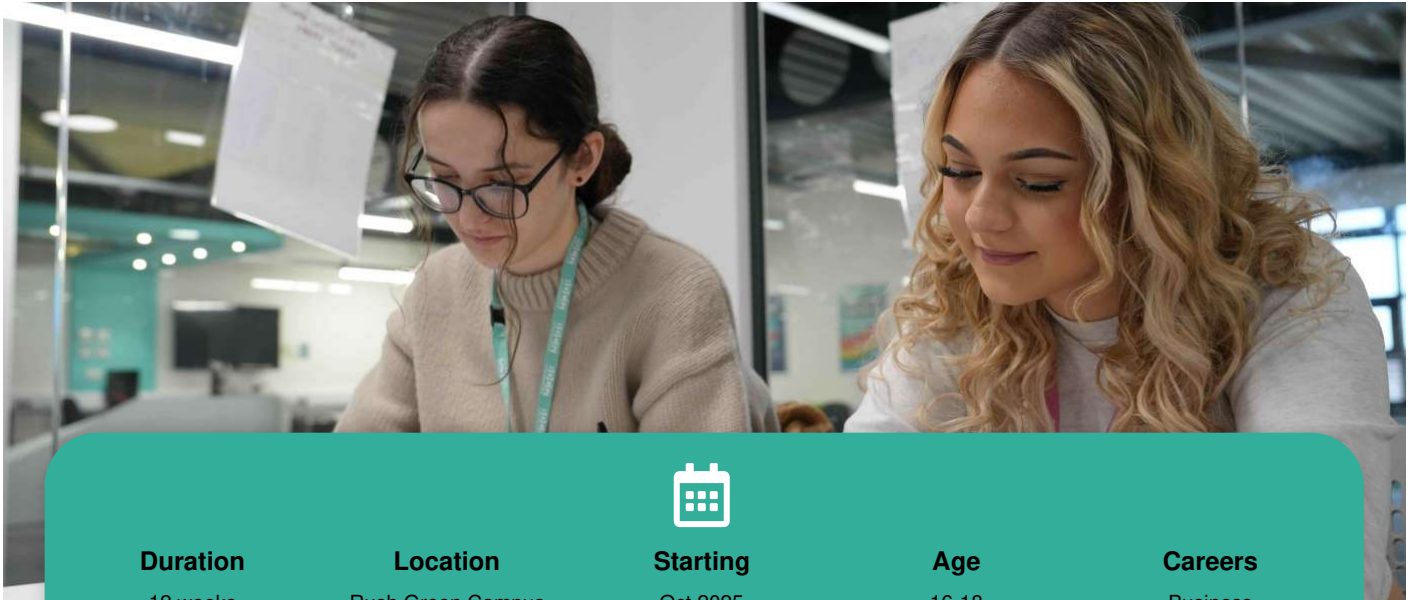


Level 1

Employability Skills - Planning for life and work (16-18)

**Duration**12 weeks
8 weeks**Location**

Rush Green Campus

StartingOct 2025
Jan 2026
May 2026**Age**

16-18

CareersBusiness
Protective Services
Sport**Course fees per year**

AGE 16-18

FREE

Contact us to discuss what Financial support is available.

Overview

This qualification aims to develop and enhance skills required for the working environment and improve your confidence and communication skills to prepare for employment or further study.

What you'll learn

This course is designed to help you build key skills for the workplace and boost your confidence. You'll improve your communication abilities, create a personal career plan, and learn how to prioritise your health and well-being. Along the way, you'll develop essential skills like teamwork, motivation, and goal-setting to prepare you for further study.

On this course, you will also:

- Master essential English and maths with the Functional Skills qualification.
- Build teamwork and communication skills vital for any job.
- Engage with the community through hands-on work experience.
- Boost your CV with a tailored work placement.

Entry requirements

There are no specific entry requirements for this course, but you'll need to show an interest in self-development.

What this course leads to

After completing this qualification, you can apply for a mainstream course starting in September at BDC. Alternatively, you can look at gaining employment through our careers team, who will share appropriate career opportunities based on your strengths and the skills you have developed.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000012396>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>