

Life Design Skills

“Life design skills” are a combination of knowledge, abilities and mind-set that enable someone to make informed decisions, to navigate through education, work and life, to manage repeated transitions and continuous change.

Providing orientation and life design skills to young people signifies empowering them to grow their self-awareness, to understand and acquire the competences they need to be resilient and to adopt a lifelong learning attitude.

As a result, young people acquire the following skills:

- **Self-awareness:** a better understanding of oneself, one's own interests, strengths etc.
- **Self-initiative:** the motivation to take on one's own pathway and to be aware of one's own responsibility in this undertaking
- **Self-belief:** the confidence in oneself to be able to reach one's set goal and keep working towards it with a conscious, long-term perspective
- **Education and career perspective:** developing an understanding about educational pathways, ideas about professional opportunities, and future labour market requirements, which incorporates a lifelong learning attitude
- **Social-awareness:** an understanding of oneself as part of a group and of the importance of receiving and giving feedback
- **Resilience:** the capability to cope with continuous change, new challenges and future transitions
- **Flexibility:** the acknowledgement that pathways might not be linear, but need to adapt to changing realities, and identifying new opportunities as part of a lifelong learning attitude

Acquiring solid life design skills positively impacts young people's learning motivation. They study more purposefully with a perspective and in a direction of their choice.

When young people work on empowering their soft skills, it is possible to achieve a true improvement in their learning processes: it results in a better and more profound understanding of their abilities, their competences, and of the various contexts where they could use them.

These skills are also essential when it comes to transitioning from education to the world of work with determination and drive. Characteristics such as resilience, adaptability, and a lifelong learning attitude will also positively impact young people throughout their (professional) lives marked by continuous change.



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