

Improving own learning and performance

- Show an awareness of different ways of learning which reflects their likes and dislikes
- Use their own strengths, aptitudes and skills to determine realistic learning targets
- Make decisions about how to achieve learning targets
- Review Performance.

An Open College Network
Accredited Course Level 2 Credit value 3

Inclusive Practice

An Accredited Programme to assist organisations and institutions to develop Inclusive Practice.

To inform and equip:

- people with line management responsibility
- organisations working with young disabled people

A two day course accredited by the
Awarding Body Consortium.



Realising Potential

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This leaflet is available at
www.lifetrain.org.uk

The Lifetrain Trust has been delivering courses and training for 60 years and has built a reputation second to none. The courses focussed on disability and inclusion are delivered by disabled and non-disabled facilitators.

All the courses are designed to empower disabled people to take control over their lives and to support people in developing learning skills and progression. Our aim is to develop transformative learning which brings about real change. It involves questioning one's assumptions, beliefs, and values. It leads to a change of outlook.

Accredited Training Opportunities

Courses requested and
Driven by Disabled People



Realising Potential



Delivered
By
The Lifetrain Trust

A Disabled Person employing a Personal Assistant

- Opening the door to becoming an employer, building confidence and self-esteem
- Developing an understanding of independence and the meaning of independent living

A training programme for disabled people who are considering employing a Personal Assistant (PA) or for those who already employ a PA using the Direct Payment system and Inclusive Budgets.

An Open College Network
Accredited Course
Level 2 Credit Value 2



Personal Assistant to a Disabled Person

- An opportunity to obtain a qualification as a Personal Assistant to a disabled person
- Opening the way to Independent Living, work opportunities and life choices
- Providing Equality of Opportunity, contributing to society and the community

If you are already employed or considering becoming employed as a PA this Training course will deliver a learning programme for people who wish to gain a qualification as a Personal Assistant .

An Open College Network
Accredited Course
Level 2 Credit value 2

Bespoke training

We design bespoke training programmes on diversity, Disability, Equality and inclusive Practice.

Call 01306 730929



Decision Making Skills

- Building Confidence and self esteem
- Making Changes
- Recognise the way in which decisions are made
- Understand the different types of decisions made within groups.
- Recognise different decision making styles.

Email support is offered and the format can be provided to suite the requirements of those taking part.

An Open College Network
Accredited Course
Level 2 Credit value 1