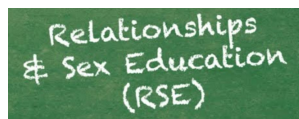


Persona's 22 life skills map to RSE, PSHE and other benchmarks



Skillssets	Life skills
1. Being realistic	1. Goal-setting 2. Stress management 3. Time management
2. Communication	4. Active listening 5. Processing information 6. Speaking formally 7. Speaking informally 8. Writing formally 9. Writing informally
3. Open mindedness	10. Empathy 11. Respect 12. Willingness to change
4. Problem solving	13. Conflict management 14. Creative thinking 15. Critical thinking 16. Effective teamwork
5. Resilience	17. Perseverance 18. Self-confidence 19. Staying positive
6. Self-control	20. Being adaptable 21. Managing feelings 22. Self awareness



Critical thinking	●
Healthy friendships	●
Healthy minds	●
Improving relationships	●
Managing emotions	●
Respecting others	●
Self-respect	●
Talking about emotions	●



Bullying/abuse	●
Consent	●
Healthy lifestyles	●
Learning skills	●
Managing risk	●
Media literacy	●
Mental & emotional wellbeing	●
Positive relationships	●
Self-concept	●
Social influences	●
Work & career	●



Active citizenship	●
British values	●
Career aspirations	●
Character building	●
Cooperation	●
Digital health	●
Equality	●
Healthy relationships	●
Inclusiveness	●
Learning readiness	●
Mentally healthy	●
Risk judgements	●
Self-reflection	●
Social engagement	●



Aiming high	●
Creativity	●
Leadership	●
Listening	●
Problem solving	●
Speaking	●
Staying positive	●
Teamwork	●