

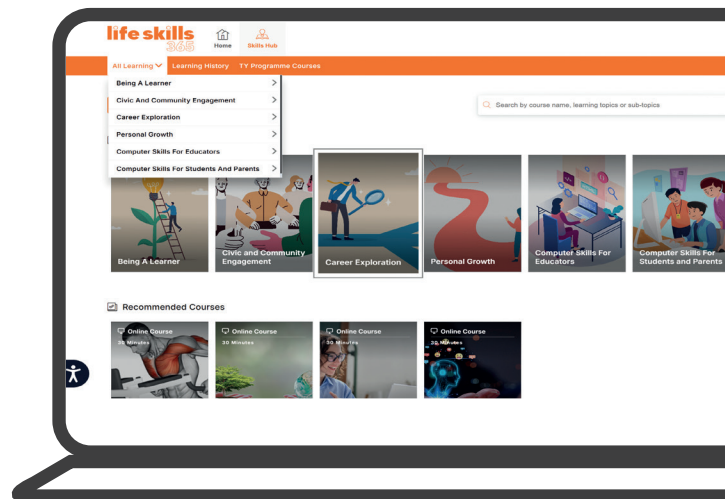
## Empowering Students with Real-World Skills

**Life Skills 365** is a comprehensive on-demand learning platform designed to help post-primary students develop essential life and career skills. It supports the **new Transition Year Programme (25/26)** and aligns with the four key **Student Dimensions**:

- **Personal Growth** – Encouraging students to explore identity, develop self-awareness, and understand values and wellbeing.
- **Being a Learner** – Fostering reflective practice, independent learning, resilience, and curiosity.
- **Civic and Community Engagement** – Promoting active citizenship, volunteering, environmental awareness, and social responsibility.
- **Career Exploration** – Supporting career readiness through exposure to different industries, work-based learning, and self-directed planning.

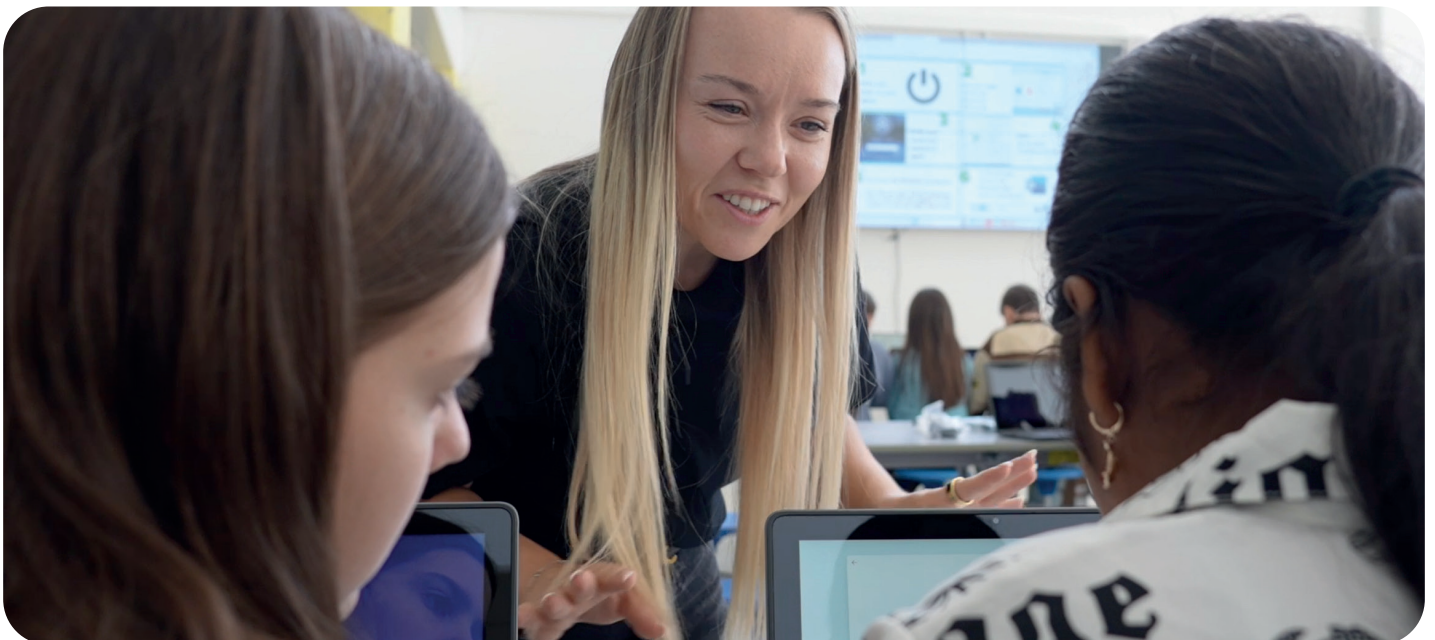
Life Skills 365 offers schools a powerful way to integrate **independent, self-paced learning** into the timetable, equipping students with practical skills and recognised achievements.

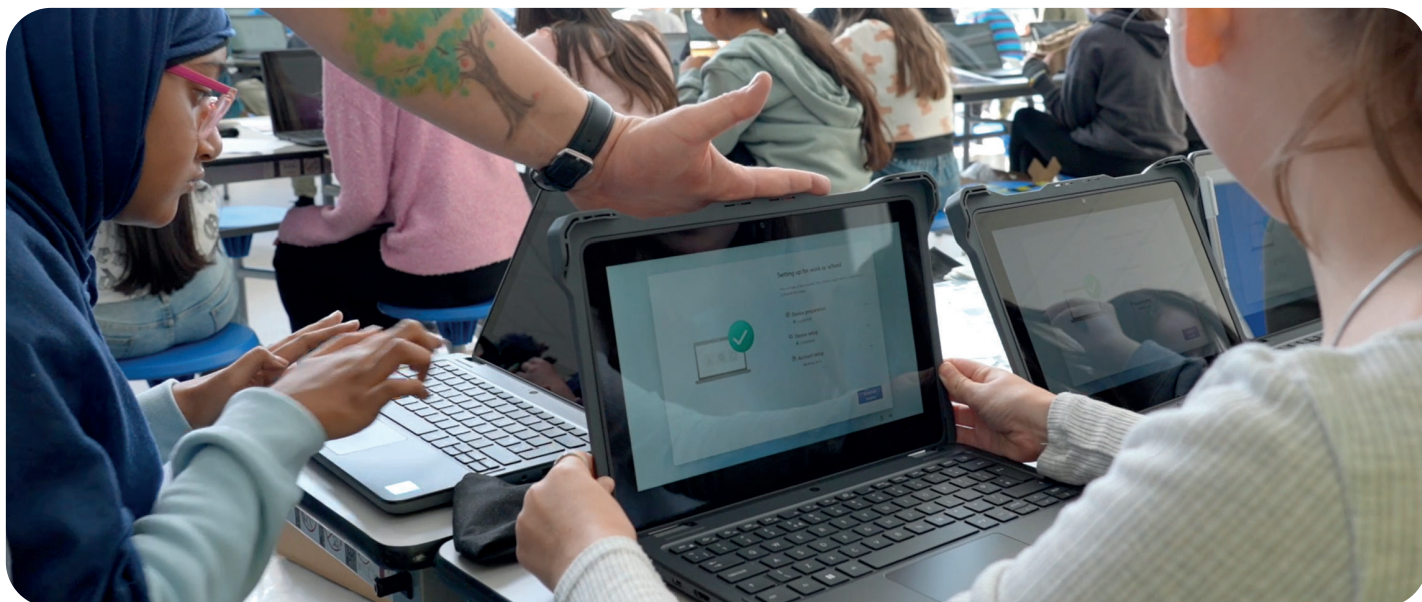
While ideal for Transition Year, Life Skills 365 is also a flexible resource that can be used across other year groups and learning pathways, including **LCA (Leaving Certificate Applied)**. It supports students of all abilities with accessible content, helping them prepare for personal success, work experience, and life beyond school.



## Key Features:

- **Tailored for Transition Year 2025/26** – fully aligned with the TY Programme Statement
- **Supports holistic student development** across all four Student Dimensions
- **Built-in assessments and downloadable certificates** for each completed course
- 100% online and accessible anytime on school or personal devices
- Suitable for individual, class, or whole-year group access with flexible school licensing





## Outcomes That Matter

Life Skills 365 is more than content - it's a student readiness platform.

It helps students:

- Build transferable skills and confidence
- Gain micro-credentials and create TY portfolio content
- Explore diverse career paths
- Develop habits for lifelong learning and employability



## Course Categories Include

- **Personal Development:** Time management, emotional intelligence, leadership, conflict resolution, self-care, communication
- **Health & Wellbeing:** Nutrition, physical fitness, first aid, mental health, CPR, self-esteem
- **Civic & Community:** Social responsibility, sustainability, volunteering, dignity in the workplace, safety awareness
- **Digital & Media Skills:** Cybersecurity, social media awareness, online etiquette, data protection, ICT fundamentals
- **Career Exploration:** Interview skills, CV writing, workplace etiquette, customer service, project management, barista training, event planning
- **Sector Insights:** Courses in Business, Marketing, Construction, Retail, Hospitality, Logistics, Fitness, and more

Interested in bringing Life Skills 365 to your school?

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