



Essential Transferable Skills and Aptitudes

During the course, you will develop many of the following transferable skills/aptitudes:

Skills	Meaning
Listening	The receiving, retaining and processing of information or ideas
Speaking	The oral transmission of information or ideas
Problem solving	The ability to find a solution to a situation or challenge
Creativity	The use of imagination and the generation of new ideas
Staying positive	The ability to use tactics and strategies to overcome setbacks and achieve goals
Aiming high	The ability to set clear, tangible goals and devise a robust route to achieving them
Leadership	Supporting, encouraging and developing others to achieve a shared goal
Teamwork	Working cooperatively with others towards achieving a shared goal
Aptitudes	Meaning
Resilience	The capacity to recover quickly from difficulties and toughness
Confidence	The quality of being certain of your abilities or of having trust in people, plans, or the future
Independence	Being able to do things for yourself and make your own decisions, without help or influence from other people
Tolerance	Willingness to accept behaviour and beliefs that are different from your own, although you might not agree with or approve of them

