



Prince's Trust

# Achieve Programme

If you're a 16-25 year old  
who isn't currently in  
employment or education  
and looking for  
new opportunities  
and experiences,  
The Prince's Trust  
Achieve Programme  
could be perfect for you.



16-25 Years Old

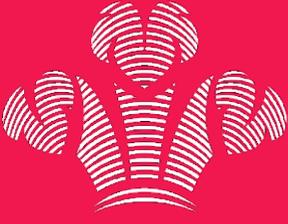
Level 1 Certificate

8 Weeks  
Online Programme

**BDC**  
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## What is The Prince's Trust?

Barking & Dagenham College works in partnership with The Prince's Trust to deliver the Team Programme.

It is designed especially for young people to help uncover their hidden talents, improve their confidence and help empower young people to make the right choices about their future.

Students will work on a range of community projects and undertake work experience whilst completing their accredited employability and skills qualification.

## Achieve Programme

If you're a 16-25 years old who isn't currently in employment or education and are looking for new opportunities and experiences, The Prince's Trust Achieve Programme could be perfect for you.

- An **8 weeks online programme** that offers flexibility in where and when you learn.
- On completing the course, students will gain a **Level 1 certificate** in personal development and employability skills.
- A great stepping stone for anyone wanting to get back in to education or for those who would like to build back their confidence before returning to the classroom.
- Aimed at empowering young people to be independent, build confidence and develop self confidence in a supportive environment with clear next steps.





## Units Covered

- Interpersonal skills
- Personal project
- Money management
- Digital skills
- Preparing for a healthy lifestyle
- Taking part in exercise
- Presentation skills

## Eligibility

- 16-25 years old
- In education less than 14 hours
- Unemployed / working part-time\*
- UK Resident
- Must have internet access

\* The Achieve Programme will not affect Jobseeker's Allowance

## Where can this Programme lead?

This course can lead to learners gaining enough skills and confidence to be able to join other desired courses at the college or help them progress on to The Prince's Trust Team Programme which helps them further develop these skills and provides them with the knowledge to hopefully gain employment.

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For more information on The Prince's Trust Achieve Programme, please contact Natalie West.

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Visit our website now for a full list of all the courses available and how to enrol.

