

Inner Development Goals



Welcoming to all >>> Students at the centre of everything we do <<< Always striving for better



Change Sustain Attain



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Lead with vision and empathy

- ❖ Trauma informed 'whole college' approach to address challenges faced by students and staff
 - understand the impact of adverse childhood experience and importance of mental health & well-being

Inspiring and enabling success for all

- ❖ Commitment to holistic development
 - enable students to gain the essential skills to thrive in a sustainable and connected way to the world
 - empower students to develop essential life skills not typically taught in academic courses, empowering development of a deeper understanding and responsibility for environment and society



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Meta Skills & Inner Development Goals



Meta skills are like superpowers that help you become a better learner and grow as a person. Inner development goals are the things you work on inside yourself to become a better version of yourself.

- 1 **Being** — Relationship to Self
- 2 **Thinking** — Cognitive Skills
- 3 **Relating** — Caring for Others and the World
- 4 **Collaborating** — Social Skills
- 5 **Acting** — Enabling Change

Sustainability Development Goals

IDGs & Meta Skills link closely to SDGs

- Pursuit of Personal Growth Linked to Societal Progress
 - Empowering Mindset
 - Enhanced Self-Awareness
 - Motivating Goal Setting
- Development of Skills, Networks, and Social Responsibility
 - Fulfilment of Personal Aspirations
 - Active Contribution to SDG Collective Effort
- Resilience in Overcoming Challenges
 - Valuable Asset for Addressing Global Issues
- Interconnected Nature Emphasises:
 - Personal Development as a Cornerstone
 - Fostering a Sustainable and Inclusive World
 - Integral Role of Individual Empowerment in Achieving Global Objectives



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An online unit which is accessible to students through our virtual learning platform.

This unit

- is accessible to students undertaking all courses at all levels
- Is engaging and easily navigated allowing self-study
- Allows the student will focus on skills/qualities that they feel they will benefit from developing
- can be undertaken at students own pace, completing as much or as little as they need
- helps the student grow and develop as a person, relate to others and drive change



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