

BreakAway

Plan Programme Pilot

by **Stacey-Leigh Dolan**

OVERVIEW

An interpersonal development process to build tangible employability skills.

SESSIONS

Part 1: Personal Journey

- Their life
- Their experiences

Part 2: OAP

- Objectives
- Attributes
- Priorities

Part 3: Life (and how we live it)

- Different roles
- External controls
- Transferable skills
- Interview techniques

Part 4: Routes A-B

- Personal beliefs
- Emotions & feelings / strengths and weakness
- CV writing
- The future

ELIGIBILITY/TIMELINE

- **Group of 8:** Must be a British national, ideally with a release date within 3 months
- **PLAN TIMELINE:** 4 weeks – 1 session a week

MATERIALS/ACCESS

- We have access to C-Nomis but may require a discharge list
- Establishment must provide classroom/workshop space
- Course materials are created by BreakAway but depending on numbers it may be easier to use your printing facilities