Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

Training of Trainers (ToT) Personal, Social and Learning-to-Learn (PSL)

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C. Reading Material

PSL and Inclusion

PSL competences help learners manage emotions, adapt to change, communicate, work with others, solve problems, and manage future learning.

For vulnerable mothers, these competences can support both personal development and labour-market re-entry.

PSL training should make the connection between daily experience and professional competence visible.

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