**Bridge4Mothers**
**Training of Trainers (ToT) Personal, Social and Learning-to-Learn (PSL)**

# MODULE 2 — PSL, LifeComp & Social and Economic Inclusion

BRIDGE 4 MOTHERS

Co-funded by the European Union

PSL, LIFECOMP AND INCLUSION

# What is PSL?

**Personal, Social and Learning-to-learn competences help people manage daily life, relationships, learning and work with confidence.**

### Personal

Self-awareness, wellbeing, flexibility and emotional self-regulation.

### Social

Communication, empathy, collaboration and respectful participation.

### Learning to learn

Growth mindset, critical thinking, motivation and managing learning.

### Why it matters

PSL skills are transferable: they support inclusion, wellbeing, employability and lifelong learning, especially for learners who may face barriers or transitions.

PSL, LIFECOMP AND INCLUSION

# Introduction to LifeComp

**LifeComp gives a shared language for developing the personal, social and learning-to-learn skills people use across life.**

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### Three competence areas

Personal • Social • Learning to learn

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### A practical framework

Useful for lesson planning, learner reflection, guidance and progression.

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### Inclusive by design

Values strengths, lived experiences and learning in everyday contexts.

1

### Personal

Self-regulation
Flexibility
Wellbeing

2

### Social

Empathy
Communication
Collaboration

3

### Learning to learn

Growth mindset
Critical thinking
Managing learning

LIFECOMP AREAS

# Personal Competences

**Personal competences help learners understand themselves, manage emotions and make choices that support wellbeing.**



### Self-regulation

Recognising emotions, pausing before reacting, and choosing healthy responses.



### Flexibility

Adapting to change, uncertainty and new learning situations step by step.



### Wellbeing

Building routines, boundaries and coping habits that protect energy and balance.

### Example activity

Learners complete a weekly “wellbeing check-in” and identify one small action that supports emotional balance.

LIFECOMP AREAS

# Social Competences

**Social competences strengthen connection, inclusion and collaboration in families, communities, training and workplaces.**

### Empathy

Understanding feelings and perspectives, without assuming everyone experiences life the same way.

### Communication

Listening actively, expressing ideas clearly and communicating respectfully online and offline.

### Collaboration

Working with others, solving problems together and sharing responsibility fairly.

**Inclusion grows when every voice is heard and respected.**

LIFECOMP AREAS

# Learning-to-Learn Competences

**Learning-to-learn competences help learners stay curious, reflect on progress and continue developing throughout life.**



### Growth mindset

Seeing challenges as opportunities to learn rather than proof of failure.

### Critical thinking

Asking questions, evaluating information and making informed decisions.

### Managing learning

Setting realistic goals, planning steps, monitoring progress and asking for support.

### Practical reflection prompt

What helped me learn today? What was difficult? What is one next step I can take?

APPLYING PSL

# PSL and Wellbeing

**PSL learning supports wellbeing by helping people name needs, manage stress and create realistic routines.**

### Self-awareness

Noticing emotions, energy levels and personal needs before stress builds.

### Healthy coping

Using breathing, movement, connection and reflection to manage pressure.

### Boundaries

Protecting time and energy through clear, respectful limits.

### Balance

Creating routines that include learning, responsibilities, rest and recovery.

**Small wellbeing habits make learning more sustainable.**

APPLYING PSL

# PSL and Social Inclusion

**PSL competences support inclusion because they help learners participate, communicate and feel they belong.**

### Belonging

Learners feel welcomed, safe and valued for who they are.

### Participation

Activities allow different levels of confidence, language and experience.

### Respect

Different perspectives are recognised as learning resources, not barriers.

### Inclusive teaching idea

Use pair work, small group reflection, visual prompts and learner choice to make participation easier and more meaningful.

APPLYING PSL

# PSL and Employability

**Employers value PSL skills because they shape how people communicate, adapt, learn and work with others.**

### Workplace readiness

Time management, responsibility, confidence and problem-solving.

### Professional communication

Respectful interaction, digital etiquette and active listening.

### Career development

Recognising strengths, setting goals and seeking learning opportunities.

### Adaptability

Coping with change, feedback and new responsibilities.

ASSESSMENT AND REFLECTION

# Recognising Informal Competences

**Many PSL competences are developed outside formal education through parenting, community life, volunteering, work and personal experience.**

### Make learning visible

Use reflection sheets, skills journals and group discussion to name existing strengths.

### Collect evidence

Examples, stories, feedback and completed tasks can show competence development.

### Celebrate progress

Recognise small steps, increased confidence and improved participation.

### Reflection question

What skills do I use in everyday life that could support my learning, work or community participation?

PLANNING FOR INCLUSION

# Designing Practical PSL Learning

**Effective PSL learning is active, relevant and connected to real situations learners already understand.**

1

### 1. Start from lived experience

Use real-life scenarios, challenges and learner examples.

2

### 2. Practise in safe ways

Role-play, discussion, small tasks and supported reflection.

3

### 3. Connect to goals

Link activities to wellbeing, inclusion, employability and future learning.

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### 4. Build learner autonomy

Offer choices, encourage self-assessment and plan next steps.

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### 5. Use strengths-based feedback

Name progress and identify practical ways to keep developing.

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### 6. Keep it accessible

Use clear language, visuals, flexible timing and practical support.

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