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PSL Programme — Personal, Social and Learning-to-Learn Competences

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G. Guidance Resource

Supporting Personal & Professional Growth

Lifelong Learning Can Help People:

- develop confidence,
- improve employability,
- strengthen independence,
- and explore new opportunities.

Personal Development Includes:

- recognising strengths,
- setting realistic goals,
- reflecting on progress,
- and continuing to learn and grow.

Every experience and skill contributes to future learning and professional development.

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