



Lifeskills Centre
 La Trobe University
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Let us exercise your mind.



La Trobe Lifeskills acknowledges the support of the Victorian Government.

Registered Training Organisation

Ready2Work

Non Accredited Activities

Lifeskills offers government accredited training courses and individually planned socially inclusive day non-accredited activities to young adults with a disability.

The **Ready2Work** program provides individually supported pathways to employment training and community participation.

About Us

Since 1998 *Lifeskills* has been providing support to people with a disability at La Trobe University. *Lifeskills* is a Registered Training Organisation (RTO) and a leading provider of nationally recognised courses and community engagement activities for young people living with a disability. *Lifeskills* is unique in the approach and offers day activities enabling all Participants to engage in meaningful community based activities and relationships whilst participating as fully as possible at the La Trobe University and the broader community. **This provides for greater social inclusion and increased choice and decision making for individuals.**

Based on the La Trobe University Bundoora and Bendigo campuses, Participants independently take full advantage of campus life. The activities make use of the sports centre, computer laboratories and other facilities and services.

***Lifeskills* is committed to providing and supporting a collaborative partnership between Participants, families, staff and other professionals as necessary to maximise the opportunities available.** This requires a person centred approach to learning, including participant's well-being and safety. Highly qualified staff are employed, who are dedicated and committed to providing stimulating and creative activities as well as ensuring optimum outcomes for Participants.



Our Mission

We aim to provide opportunities for people living with a disability that enable them to define and realise their goals and maximise their potential.

Our Vision

People with a disability achieving independence to the best of their ability, living a quality life and realising their potential.

Our Values

To implement the essential principles of integrity, respect and fairness to participants, their families and each other.

Lifeskills is firmly committed to publicly articulating and demonstrating these values and implementing them in our daily operations.

Our Values include:

- Respect;
- Care;
- Growth;
- Flexibility;
- Individuality;
- Creativity.



Registered Training Organisation

Lifeskills provides flexible learning options and on-the-job training opportunities.

- 22129VIC Certificate I in Transition Education
- 22128VIC Certificate I in Work Education
- BSB10112 Certificate I in Business
- SIT10213 Certificate I in Hospitality
- SIT20312 Certificate II in Kitchen Operations
- 22012VIC Certificate I in Vocational preparation

Ready2Work

We provide a fully supported Vocational Placement Program both off campus and on-campus in the *Lifeskills*' Cafes, Hireworks and Car Wash. In addition to preparing people for work and apprenticeship programs **we offer opportunities for voluntary participation in various areas.**

Day Programs

For participants who are interested in non accredited activity, *Lifeskills* offers a range of options including an innovative art program where artist's work is exhibited annually at respected metropolitan and regional galleries. For those looking for a more active program, our sport, recreational and healthy lifestyle activities cover a broad spectrum of interests and abilities.