

SUGGESTIONS FOR PRE-ACCREDITED PROGRAMS

Pre-accredited programs for Women who are at risk and have multiple disadvantages

A range of pre-accredited programs were identified by the participants during the consultation process. These include:

Stress management

Activities like Tai chi, stretching, meditation

Volunteering roles

Guidance and steps for becoming a volunteer in an organisation

Dancing

Job search skills

- Resume writing and job applications
- Building self esteem
- Interview practice and etiquette

Study skills

Studying efficiently

Addressing specific literacy issues

- Alphabet, numbers and handwriting
- short stories

Social skills

Appropriate behavior in social situations

Basic life skills

- Cooking
- Housekeeping
- Time management and organisational skills

Digital media

- Social media like Facebook
- Using the internet for day to day activities like online shopping, internet banking, and navigating useful websites like Centrelink

Art and craft