

Life  
Skills  
Videos

NEW  
GOS

## Introduction

Life Skills from NCS is a FREE YouTube series of 20 - 30 minute videos co-created with teenagers across England, focusing on careers and personal development aimed at 15-17 year olds. It was produced for NCS by Break Comms.

They are hosted by Richie Brave (BBC Radio 1Xtra) and Swarzy Shire (BBC Radio 1Xtra) along with two panels of guests (each of whom was vetted by NCS).

It aims to help students make decisions about their next steps with confidence - even if they're unsure what they want to do.

These videos are presented in a format suitable for use in school settings and have already been used by numerous schools in England to facilitate discussions amongst their students.



## Part 1

The first series features a discussion on:

- All things finance, confidence.
- Navigating the world of work.
- And how to look after your physical and mental health in the process.

Featuring:

- Iona Bain (BBC Morning Live Money Expert).
- Poku Banks (personal finance expert and content creator).
- Dr Emeka (TikTok star and NHS doctor).

<https://www.youtube.com/playlist?list=PLct9oPGud0dOusGJcaUyRpvSXqy1JYuGs>



## Part 2

The second series focuses on:

- Unconventional routes to careers & getting the right help along the way.
- Spotting your skills.
- Building confidence in them.
- And making your dreams a reality.

With special guests:

- Siobhan Wilson (footballer - Birmingham City, Jamaica Women's International, PT +1million on TikTok).
- Seb Carmichael-Brown (co-founder Hashtag Utd and Next Level talent agency).

<https://www.youtube.com/playlist?list=PLct9oPGud0dOp4CKmipsYUmdouSXMtvXh>



Thanks