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the SECRET skills, each of the six skill areas have been divided into four sub-groups based on cognitive and strategic forms of learning as well as incorporating identified social and emotional aspects of learning (SEAL).

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The SECRET skills are designed to follow on from the foundation ladders so level 9 of the foundation set is written to be just beyond level 1 of the SECRET skills. What are the SECRET ladders These cover all of the skills essential for living and working in society.

SECRET | Learning By Ladders

Personal Development Plan | Mind Tools v skills you need for a satisfying and successful career. Popular tools like SWOT and PEST Analysis, and techniques like setting SMART goals, are all part of it.

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