

PROSPECTUS 2026/27

LIFESTYLE STUDIOS EDUCATION

**Empowering young people to
reach their full potential.**

LifeStyle Studios
EDUCATION 

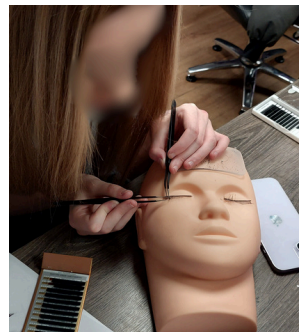


OUR MISSION

At Lifestyle Studios Education, we are committed to supporting the needs of young people within the community, empowering them to become confident, capable individuals prepared for further education or employment.

We recognise the value of offering alternative educational pathways that not only deliver accredited course content but also foster personal and professional development. Our programmes are designed to help learners make informed lifestyle choices and effectively manage their own behaviour and growth.

Our courses are accessible to a diverse range of students, and our low student-to-teacher ratios ensure that each learner receives the individual attention and support necessary to thrive.



LifeStyle Studios OUR STUDENTS

EDUCATION



Our unique service is tailored to meet the needs of a diverse range of learners, particularly those who may struggle to engage with traditional educational settings. We provide targeted support for:

- Students with Special Educational Needs (SEN)
- Young people supported by social services
- Excluded or recently excluded students
- Learners with poor attendance
- Those at risk of exclusion
- ESC (Education Support Centre) students
- Young offenders
- Individuals requiring additional emotional, behavioural, or academic support

We understand that every young person faces different challenges, and our inclusive approach ensures that each learner receives the personalised guidance and care they need to succeed—both in education and in life.



LifeStyle Studios
EDUCATION 

OUR STAFF

At Lifestyle Studios Education, our team brings a wealth of diverse experience and professional expertise to support and inspire every learner.

- PGCE (Postgraduate Certificate in Education)
- PTLLS Level 4 (Preparing to Teach in the Lifelong Learning Sector)
- BA (Hons) in Education Studies
- Level 2 Certificate in Fitness Instructing
- Certified Personal Trainer
- Youth and Community Development
- Level 2 Child Protection
- Specialist training in Hair and Beauty
- Expertise in Managing Challenging Behaviour
- Inclusion in Sport
- Level 5 CPCAB Diploma in Psychotherapeutic Counselling
- Level 4 CPCAB Diploma in Therapeutic Counselling (Integrative)
- BA (Hons) in Multimedia Sports Journalism
- BSC (Hons) Sports and Exercise Session

This wide-ranging skill set enables us to create an inclusive, engaging, and supportive learning environment tailored to meet the unique needs of each student.

COURSES

COURSE SUPPORT

At Lifestyle Studios, we understand that students sometimes need a bit of extra support with the courses they're currently studying. Our dedicated staff are here to help with coursework and revision across a range of subjects, including:

- GCSE and Functional Skills Maths
- GCSE and BTEC Physical Education
 - GCSE English Language
 - GCSE English Literature
 - Reading Support



THE KING'S TRUST



OVERVIEW

Achieve is a flexible program delivered in education centres across the UK. It offers young people the opportunity to work towards a qualification or take part in activities that enhance the standard curriculum. Each activity is designed to build confidence and develop key transferable skills that will support their future success.

MOVING FORWARD

The program also supports young people as they transition from secondary school to college or work placements. It aims to improve attendance, behaviour, and attitudes toward learning—both with us and in their school environments.

LEVEL 1 CITY & GUILDS INTRODUCTORY TO THE HAIR AND BEAUTY SECTOR

OVERVIEW

Students will gain hands-on experience in a working salon environment at the Healthy U Wellbeing Centre. As the centre operates as a fully commercial business, learners will develop real-world skills by working with actual customers.



SKILLS COVERED

- Nail Art
- Shampooing & Conditioning
- Hair Styling
- Skin Care
- Make-Up Application



MOVING FORWARD

Upon completion, students can progress to a Level 2 specialist course in Hair or Beauty, further building their professional pathway.



LEVEL 1 & 2 BTEC SPORT

OVERVIEW

The BTEC Sports Level 1 and 2 courses are ideal for students looking for a more vocational approach to learning. These qualifications are tailored for those interested in a future within the Sport and Active Leisure industry.

MOVING FORWARD

BTEC Sports provides learners with a strong foundation to progress onto higher-level vocational qualifications, GCSEs, apprenticeships, or employment within the sports and active leisure industry.



ENTRY 1 TO LEVEL 2 FUNCTIONAL SKILLS

OVERVIEW

Our Functional Skills support at the centre develops essential Maths and English skills for everyday life and future study. It covers a wide range of topics, including arithmetic, data handling, grammar, reading, and writing.

MOVING FORWARD

Learners can progress from Entry Level 1 up to Level 2 and have the potential to sit their exams at the centre. This provides a clear pathway to further education and improved job opportunities.

ENTRY 1 TO LEVEL 2 FUNCTIONAL SKILLS MATHS & ENGLISH THROUGH SPORT



OVERVIEW

This engaging course offers a hands-on way for practical learners to develop their Maths and English skills. All learning is delivered through practical sports activities and supported by academic sports booklets.

MOVING FORWARD

Learners have the opportunity to progress from Entry Levels up to Level 2. This is an excellent stepping stone to further qualifications such as BTECs.

(A Level 2 pass is broadly equivalent to a high GCSE pass, while Level 1 represents a lower GCSE pass.)

COUNSELLING & MENTORING

Our services are designed to support young people who may be experiencing emotional challenges in their lives. Sessions are delivered by a fully qualified counsellor/mentor with extensive experience working with young people, particularly those who are disengaged or at risk.

Our counsellor/mentor is a registered member of the British Association for Counselling and Psychotherapy (BACP), ensuring the highest standards of ethical and professional practice.

The safeguarding and well-being of our students are of utmost importance. Our goal is to help them overcome personal difficulties and achieve their full potential.

Counselling/mentoring sessions are available both in person and online via Zoom, providing flexible support to meet individual needs.

TESTIMONIALS

"On my course I have passed all my exams a learnt a lot about fitness and nutrition."

"Its good because I like the staff and the lessons are fun. For example, when we learnt about co operation, we used Lego , which was different and funny"

"I have been coming to Lifestyle for a year and it has been really enjoyable. I have enjoyed meeting new people and my attendance is now 100%"

"Its cool because the work isn't too bad and I get to use the gym and do work experience."

CONTACT DETAILS

Please contact us for more details on the course and services we provide.

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TASTER SESSIONS AVAILABLE

LifeStyle Studios
EDUCATION 

**City &
Guilds**

