

**OpenLearn free course trailer**

*Employability through sport*

**Leanne Pero:**

Whenever you take part in sport, dance, park runs or any other physical activity, you never quite think that it's actually going to make you employable, right? Well it does.

You may not know it, but that same physical activity that you enjoy is bringing you in all the key skills that you need, teamwork, confidence, feelings of enjoyment, the ability to work with others and motivate each other, maybe even focus on achieving a certain goal. It all adds to employable skills.

Simply being active adds to your skill set. And this course might just help you recognise that. So you can go and grab yourself a better future in the workplace.