



Bringing young people, mentors and businesses together, creating meaningful ways to have an impact on the world

Impactful personalised intervention and Opportunity programmes

Increased Mental health
Enhanced Wellbeing
Bespoke Training
Developing Life skills
Rise Mentoring
Increasing life choices and social mobility

Powerful personal growth for young people and their mentors.





Intervention Programme

Welcome to the Rise Programme.

We believe that you are defined by your potential, not your past and we would like to support you to **rewrite** your future.

The intervention programme offers you the chance to focus on your **future**

Everyone is **different** and we tailor our interventions to your individual wants and needs;

We can help you to;

- Develop your self confidence, resilience and self esteem
- Understand the impact of choices and to look at difference choices available to you
- Help you to feel better by working on your mental health and wellbeing
- Develop your own personal development plan
- Support you with strategies to self regulate
- Inform and empower you to understand your choices in life
- Prepare you for the Opportunity placement

We will work at your pace and the intervention can last upto 4 months.

You will have 3 weekly sessions with your Rise mentor, 1 weekly meeting with your Business Mentor and Wellbeing Warrior when you are ready.

If you feel you would like to at the end of your intervention, and you are ready, you have the option to move to the Opportunity Programme





Opportunity Programme

We believe mentoring and work placements are our tools of choice for introducing you to the workplace, differently.

With a workplace mentor to guide you, we'll show you the world of work as you've never seen it before.

We can help you to;

- Strengthen your inner belief to gain employment
- Explore insights into your future and your own possibilities.
- Develop your soft and hard workplace skills
- Explore your workplace strengths
- Celebrate your achievements
- Prepare you for your next steps, your Future

The Opportunity Placement will last 4 months, you will be working 15 hours per week. You will also attend 1 hour per week wellbeing support and Rise Mentor support as required throughout your journey.





Next Steps

Once you've embarked on a Rise programme, you will find yourself part of a community of like minded mentors, sponsors, friends and role models.

We can support you with;

- Connections to recruitment firm
- Developing knowledge of where to look for jobs
- Linking to further mental health support if required
- Linking you with to appropriate support networks
- Creating your CV and draft application letters
- Interview skills and practice
- Developing wellbeing and self care practices

Reach out and we are here for you. **Welcome**

