

For **TEENS & YOUNG ADULTS**

VALUE LEARNING

Life Skills and Leadership Academy



VALUE LEARNING

Life Skills and Leadership Academy

About

The Value Learning Life skills and leadership coaching programme is dedicated to empowering young people to thrive for a brighter future. We equip young people (ages 13-19) with life skills and attitudes that support mental wellbeing, healthy lifestyles, work readiness, and leadership, helping them become active, thriving citizens in their communities.

The Value Learning Life Skills and Leadership Programme prioritises motivation as essential for personal development and success, integrated into the curriculum, it encourages goal setting, determination, and a growth mindset. By providing supportive and inspiring environments, the programme helps young people unlock their potential and achieve future success.

Course Overview

The program is delivered virtually (Zoom) in 18 sessions lasting approximately 80 minutes each. Young people will gain valuable skills such as communication, decision-making, resilience, collaboration, time management, problem-solving and much more. These are embedded under the following units:



Sessions are highly interactive and contain a variety of activities including:

- Stories and scenarios
- Role-playing and games
- Group discussions
- Skill building
- Team projects and presentations

At the end of the programme, there is a Graduation day to celebrate their success and achievements.

Resources:

- VLLA Leadership Skills and Attitudes tool
- Full comprehensive workbook with learning objectives for each session
- Reflective journal to track their applied learning and experiences
- Opportunities for enrichment days outside of sessions

Navigating the teenage years can be both exciting and challenging. It's a time of self-discovery, growth, and learning. Developing essential life and leadership skills during this period can set the foundation for a successful and fulfilling future. The Value Learning programme helps teenagers discover and unleash their true potential with confidence, develop a growth mindset and be ready for life in today's world.

Invest in your teen now. Call us on 07534683605 or send an email to coaching@valuelearning.co.uk.