

BOBS | BEING OUR BEST SELVES

SKILLS



The BOBS SKILLS programme aims to support young people to focus on their goals and aspirations for the future in preparation for progression and employment. Through a positive, creative approach, BOBS SKILLS tackles the significant challenges which are faced by growing numbers of young people, particularly in the light of pandemic experiences, including:

- **Lost/disrupted learning**
- **Low self-esteem and confidence**
- **Poor social skills**
- **Lack of resilience**
- **Mental and physical health pressures**
- **Concerns for the future**
- **Lack of vocational and practical skills**

Our team of trained BOBS coaches deliver bespoke sessions with young people, bringing varied expertise, experience and strategies to engage students who are sometimes initially reluctant and sceptical.

BOBS SKILLS sessions are interactive and engaging, celebrating individuality, nurturing a strong sense of self and increasing awareness of what we can all do to bring out the best in ourselves and overcome barriers to learning.

Every BOBS SKILLS session provides a supportive and structured environment, including the following elements:

- Introduction to creative journaling
- Physical warm-up
- Teamwork activity
- Group discussion
- Personal reflection

“These sessions have been brilliant for the students and have given me so many ideas that I can adapt and use in the classroom!”

[Teacher]

“Can we do this again? It has been great to not think about our course but to think about the future and positive things about myself. We really need more of this kind of thing.”

[Student Participant]

**To discuss your requirements in more detail,
please contact Culture Shift - info@cultureshift.org.uk**

For more information go to: <https://www.cultureshift.org.uk/bobs-skills>

