

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 as a consequence of both the pandemic and climate change**
- **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 and nurturing a strong sense of self and 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

Delivery costs start from approximately £45 per student. Please contact us to discuss your specific requirements.

"My mental health already feels so much better because I can get everything out and I don't normally get to do that. Can we do this every week? I need it. I feel like I have a voice for once"

[Student Participant, FE College]



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

To discuss your requirements in more detail contact sarah@cultureshift.org.uk