STEP UP

Daytime Life Skills Course Outline

General Information

Lewisham Youth Theatre's STEP UP DAYTIME LIFE SKILLS Project is a FREE, informal & creative project to support young people aged 16 – 24 who are not in fulltime employment education or training to develop NEW skills that will help increase confidence, well – being and support them to get back into work, education and where they want to go in life.

There are 8 creative sessions across 4 weeks. Each session will involve fun and interactive activities, using creative methods to help young people focus and develop skills for their professional futures. They will develop skills in interview technique, Identifying positive qualities and conflict resolution.

Course Outline

Week 1

- Communication Personals Vs Professional: What is good practice
- Developing personal and professional confidence
- Developing team work skills through pair and group activities
- Codes of conduct within an employment setting
- What does it mean to be successful? Eradicating obstacles in the way of success
- Developing presentation skills
- Public speaking and performance
- Identity and perception. What makes a good 1st Impression?
- Understand open and closed answers and how to sell yourself in an interview
- Understanding the importance of evaluation and reflection

Week 2

- Understanding factors that contribute to 1st Impressions
- Contributing to discussions.
- In your shoes - What would you look for in an employee?
- Identifying your positive attributes – What are your key skills?
- Create a personal profile
- Rehearsing real life: Identifying difficult situations - turning negative situations into positive (Forum Theatre practice)
- Identifying qualities in others
- Developing Public Speaking and Performance
- Evaluation and Self Reflection

Week 3

- Personal Presentation - Good Practice
- Understanding positive and negative body language
- Areas of personal development - Turning the negative into positive
- Making informed decisions: Job match – Identifying what skills match what jobs. Developing confidence in self – promotion

Week 4

- Business in Action - site visit to a place of business
- Q&A with a successful business person
- Networking opportunity
- Personal Action Planning
- Personal progress course evaluations

Each participant will also be given the opportunity to attend ongoing 1-2-1 mentoring sessions after the project to help them get to where they want to be in life.

Learning Outcomes

By taking part in this course, participants will be able to:

- Work within a team setting
- Speak confidently within a group setting
- Confidently contribute to group discussions
- Make informed decisions
- Share ideas
- Present information to small audiences
- Have a new or renewed sense of self-respect and personal empowerment
- Identify their aspirations
- Create a plan of action for the future in reaching their goals
- Identify and put into practice codes of conduct within an employment setting or a professional environment.
- Help to build the confidence of other individuals within the group
- Developing team work skills through, pair and group activities, sharing and performance.
- Identify personal qualities
- Market themselves to potential employers / course leaders
- Understand the importance of Identity and perception
- Present themselves accordingly in a professional environment.
- Design a CV
- Reflect and evaluate their process
- Evaluate and reflect on their development as part of the course.
- Take part in 1-2-1 mentoring to continue their development.

Case Studies

Monica's Story*: Monica joined LYT on the Step-Up programme. At the age of 22, she was a single mother to two children under the age of 4. She had complex home issues, and was known to several local agencies including mental health services and social services. She had never worked and reported feeling isolated at home. When we met Monica, she was very shy and was barely audible when she spoke. She failed to make eye contact in conversation and was very clearly lacking in confidence. Through the project, Monica's confidence and social skills improved immensely. She was able to perform confidently in front of large groups in schools on the Step Up Traineeship Project – some of the most difficult audiences. The project also had a significant impact on her ability to relate to others and her ambitions for her life. "*I have really learnt to understand the feelings of others, coming out of my comfort zone, and working under pressure. I believe more in myself and have seen that I am able to do what I put my mind to."* Monica has gone on to volunteer with LYT as an assistant with the 8-11s drama group, where she was able to use and improve her leadership skills. Through continued mentoring with LYT, she has successfully applied for funding to run her own drama project. **"***I can't even begin to imagine what my life would be like without LYT. I was in a really bad place and it was getting worse. STEP UP gave me a purpose to get up in the morning, and being able to have somewhere to go that's just for me. It's improved my leadership skills, my writing skills and taught me that I am good enough."* *Participant name changed

Rochelle's Story*: Rochelle came to STEP UP after being involved in the Senior Youth Theatre's acting company 2013. At 17 Rochelle was in college part time. However she also wanted to develop her creative skills alongside her existing commitments. She was invited to a mentoring session with the STEP Coordinator, who discussed her aspirations and helped her to create an an action plan to help her achieve her goals. The STEP UP Coordinator also supported her in writing of a number of applications to professional theatre and performance based summer schemes. Rochelle was accepted onto these schemes and as a result started to forge her own contacts in the industry. This has since enabled her to develop her creative skills and develop opportunities for work within the industry. Rochelle says, "*STEP UP helped me to apply for a summer school course which went really well. I was able to get introduced to a company called urban arts, with that I'm working with them and we're launching a new sound exhibition for the science museum. Because of that, I met an event organiser who invited me to perform at an open mic night and I've since met a couple of singers and producers who are interested in working with me. So I really thank STEP UP for helping me and giving me that extra encouragement and confidence*".*Participant name changed

If you have any young people that would benefit from taking part in STEP UP on the DAYTIME LIFE SKILLS PROJECT please get in contact.

When Every Wednesday and Thursday for 4 weeks throughout Nov/ December **Starting** Wednesday 18th November to Thursday 10th December 2015**.**

Time 11.30am – 3 pm. **Where** Lewisham Youth Theatre, Catford Broadway Theatre SE6 4RU.

Contact Jen on 020 8690 3428 or email: info@lewishamyouththeatre.com