

A YOUNG PERSON'S JOURNEY

A personalised journey of support from first contact through to sustained employment.



Every journey starts with a single step: the chance to be heard, without judgement.

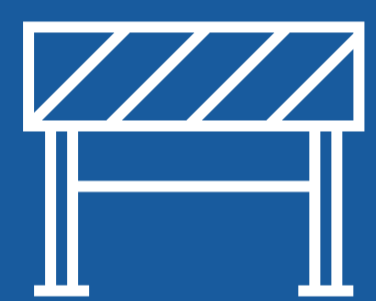
Young people come to Sport 4 Life through schools, community groups, job centres or word of mouth.

We take time to listen, understand their story, and explore what they want for their future.

Together, we build confidence, improve wellbeing, and develop the skills needed to move towards employment.

BUILDING TRUST

Through 1:1 mentoring and consistent support, we help young people:



Identifying barriers



Develop routine



Goal setting



Feel seen and supported

DEVELOPING POTENTIAL

YOUNG PEOPLE GAIN

Recognised qualifications



Real-world experience



Practical employability skills



Mock interview feedback from real employers

TAKING THE NEXT STEP

Moving into meaningful opportunities and building a foundation for long-term success.

EMPLOYMENT

APPRENTICESHIPS

EDUCATION & TRAINING

Ongoing support to sustain success

Our support doesn't stop at placement. Helping young people settle into work or education, overcome challenges and stay on track.

We continue to provide:

- ✓ In-work mentoring
- ✓ Regular check-ins
- ✓ Problem-solving support

We empower young people to reach their potential and create better futures.