



High-5 Employability Skills

PROGRAMME OUTLINE

High-5 is a motivational programme of mentoring support, training, and personal planning designed with the aim of helping young people back into education, training or into employment.

Core elements of the programme:

Confidence Building

Through group work, shared experiences and practical exercises the young person's confidence will be developed and increased. Practical tasks include finding out key information about another person then feeding this back to the group, role plays, and individual presentations.

Personal Presentation

Building on the platform established by the previous workshop the young person will explore the different ways people present themselves i.e. attitudes expressed through clothes, tone of voice, language, body language. They will learn the best ways to present themselves when meeting professional people for the first time i.e. at interviews. At a later date all beneficiaries will deliver a presentation to their peers.

Mentoring

The group will explore what goals are, why they are needed, techniques for setting achievable goals and why people may not set themselves goals. With the assistance of a mentor each individual will set a goal which will be related to education, employment, or training needs. The group will be guided in the production of individual CVs and covering letters.

Financial Planning

This popular workshop invites beneficiaries to role play the task of managing and planning the financial budget of a fictitious family of five, for one month. They must make decisions on expenditure and then present their budgets to the group for scrutiny.

Life Skills

Flowing throughout the programme will be the development and enhancement of life skills such as:

- Creative thinking
- Decision making/problem solving
- Communication/interpersonal skills
- Conflict management
- Team work
- Empathy
- Respect & Responsibility



Added Value

Drugs & Sexual Health Awareness

Our Drugs Awareness & Sexual Health Awareness workshop is run in partnership with Turning Point, which is based in Lewisham. This training aims to give participants a good basic knowledge of substance use and misuse; to provide a greater understanding of drugs and alcohol related concerns; and to inform as well as create a forum for discussing sexual health matters.

Graduation

The final day is dedicated to a graduation ceremony at which beneficiaries and trainers offer praise and support. Attendance at the graduation is open to all those who have helped with the beneficiaries during the programme duration.

Business Enterprise

This single workshop is designed to inspire individuals to think beyond the role of an employee to that of an employer or business owner. They will discuss what it is to be enterprising and entrepreneurial – with interested parties provided with information and guidance on how they can progress their fledgling business ideas.

Programme Schedule

The High 5 programme consists of up to 15 hours per week training, delivered over an 8 week period. Learners attend two or three days a week between the hours of 11am – 3pm and are guided and developed by the team of mentors and trainers.

Trainers / Mentors

Each Trainer and Mentor is enhanced CRB checked and has extensive experience running similar projects such as High-5 which specialise in working with people who are Not in Education or Employment.

Venue

High-5 is a location-independent course and can be rolled out across London. Facilities required at the site of delivery are computer access for the learners, particularly during the CV-building/ job application sessions. In addition, white boards or flip charts are required for classroom demonstrations.

Clients

Elevating Success works with adults, adolescents, children and young people and families.

Fees

Fees are negotiated on an individual basis. Please contact us for details.