

YOUTH EMPOWERMENT PROGRAMME

OVERVIEW

Do you want the tools, insight and knowledge to broaden your horizons and prepare yourself for the future?

Join us and meet like minded people, develop your understanding of key issues facing young people and create change within your community.

This is the ultimate personal development programme for 15-19 year olds and will cover a range of topics through workshops, trips to universities and visits to key organisations.

WHY JOIN?

- A unique opportunity to build your knowledge, skills and confidence.
- Exclusive access to mentoring, personal development workshops and networking opportunities.
- Gain leadership skills and work alongside professionals from across different industries.
- Stand-out from the crowd with unique experiences that will look great on your CV and personal statement.

COMMITMENT

This programme will start in January 2019 and take place on Tuesdays 5pm-7pm at Lansbury Spotlight. During school holidays longer sessions and day trips will take place.

Register your interest now via
www.wearespotlight.com/empowerment

Spotlight provides free creative, active and inspiring programmes for young people. To find out more visit
www.wearespotlight.com

Spotlight.

CONTENT

SELF REFLECTION

As part of the programme participants will work with professionals to explore their core beliefs and sense of self, whilst developing a set of shared group values.

COMMUNITY ACTION

The group will work to create change in their community through social action projects. They will learn how to plan, prepare and deliver workshops in schools and produce community events to help their peers and give back.

EDUCATION

Participants will take part in a range of educational sessions focusing on:

- Political power in Tower Hamlets, London, nationally & globally
- Campaigning, lobbying and creating change
- Policing and your legal rights
- Understanding extremist views, fake news and broadcasting

EMPOWERMENT

Trips to organisations will help broaden horizons and inspire careers. These will include visiting:

- Universities
- Businesses
- Third sector organisations
- Sports & creative industries

2018 HIGHLIGHTS



SELF REFLECTION

Group session delivered by life coaches



COMMUNITY ACTION

Volunteering at The Wildlife Trust



EDUCATION

Trip to Parliament & Home Office



EMPOWERMENT

Trip to the University of Cambridge



2019 PROGRAMME

JANUARY

Induction, team building, communication & presentation skills and group values

FEBRUARY

Online citizens training, fake news, trips during half term to TV studios and news organisations

MARCH

Policing, extremism, inspirational speakers and delivering community workshops

APRIL

Political power, creating change, half term trips to universities, organisations & political institutions

MAY-JUNE

Exam season 1-2-1 support

JULY-AUGUST

Residential & celebration event

To find out more information and apply online, please visit www.wearespotlight.com/empowerment

BUILDING
A STRONGER
BRITAIN
TOGETHER