



CASE STUDY

Bryony joined Elevating Success' employability skills programme, called High-5, on 14 September 2009. Leaving school without qualifications meant that she was finding it difficult to progress with her life in a meaningful way and the severe bullying she experienced at school really impacted her confidence with her peers.

Her first day on the High-5 programme was daunting. "Walking into a room of young people who I didn't know was scary." Bryony benefited from the support she received from a young volunteer who befriended her and kept her company throughout the day and introduced her to the rest of the group.

"Since joining High-5, my confidence has increased and I feel comfortable around other young people."



A key focus of the Elevating Success employability skills training programme is to give participants opportunities to increase their confidence and self-esteem, as well as motivate them to set goals and plan for the future. Seeing the personal development in Bryony has been inspiring and she has attained a belief in herself that was almost non-existent prior to the course.

Three weeks after joining the programme Bryony was offered a work experience placement at a private nursery based in Lewisham where she would be working two days per week.

Andrew Brown, Director of Elevating Success is keen to point out that while Bryony is unique, her achievements on the High-5 employability skills training programme are not. "The workshops in topics such as Team Building, Motivation, and Confidence Building provide individuals with essential life skills that cannot be quantified." The wider benefits for Bryony will be that she enters sustainable employment and becomes an effective member of society contributing to the economy.

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