

YOUNG PEOPLE WHO ARE BETTER ABLE TO WORK IN TEAMS AND INTERACT POSITIVELY WITH OTHERS

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Before, I basically wouldn't really talk to other people. I wouldn't try and make new friends I suppose because you have your friends. You just kind of stay with them... But this course has definitely pushed me to be more out with people and definitely try and make friends, basically. I hope to take that back when I go home. ”

Natasha, age 15, at the end of her Skills for Life Award course in 2015

The way we interact with others and the quality of our relationships with those around us forms the basis for well-being and enables us to get on successfully in life.

People who are more socially connected to family, friends or community are happier, physically healthier and live longer than people who are less well connected⁴.

During our courses, young people are required to interact with people they don't know, help others out (for instance with carrying bags when they are struggling), speak up in a group, listen to each other and to their instructor, motivate each other and work out what to do when the team has different views. Through this experience, they gain a new perspective on people who are different to them, challenge assumptions they may have and appreciate the contribution that others can make.

PARTICIPANTS LIVE AND WORK WITH OTHERS

STRONGER RELATIONSHIPS ARE FORMED, CONTRIBUTING TO THE DEVELOPMENT OF SOCIAL SKILLS, SUCH AS TEAMWORK, COMMUNICATION, LEADERSHIP AND EMPATHY

PARTICIPANTS ARE BETTER ABLE TO WORK IN ENVIRONMENTS THAT REQUIRE THEM TO WORK ALONGSIDE OTHERS TO ACHIEVE THEIR GOALS

The Outward Bound Trust's Theory of Change

