

Powerful Measures

Teen Life Coaching that makes a difference

Building Confidence *Through* Active Citizenship

Mission Statement

Who are we?

We are a Community Benefit Society; incorporate as a Social Enterprise with Charitable Status, based in England, which delivers innovative motivational coaching workshops and one to one personal life coaching consultations, to young people in Jamaica and England aged 11 to 19 years. We **empower**, **motivate** and engage young people to the benefits of practicing **Equality** and **Human Rights**, towards themselves and others.

Our motivational coaching workshops and personal life coaching sessions, create **positive change** in the school environment, community and most of all, young people themselves. Our services motivate young people to achieve to their **fullest potential**; contradictory to others expectations. We strongly believe in **community cohesion** and thus we provide young people with the opportunity to participate in **active citizenship** projects that; improve their **respect** for other **citizens** and install effective **skills** that ultimately improve their life experiences.

Our vision

Is to create a Jamaican society in which young people are empowered, **self determined and** confident enough to; **achieve** to their full potential and **actively** engage in the local and global society.

Our Mission

To motivate and inspire young people in Jamaica and England, to know they can reach and fulfil their highest potential regardless of their background.

Our Values

We are firm believers that **love is all there is** and work alongside UNICEF's 'Rights Respecting' values to stimulate participant's strengths, rights and responsibilities within our global community.

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Aims

To meet our vision and mission we will;

1. Provide free Life Coaching to young people in Jamaica aged between the ages of 11 and 19 years old, who may have disengaged from learning; be seen as underachieving; lack motivation and or are experiencing other barriers to learning such as bullying, financial status and or family issues.
2. Deliver innovative motivational coaching workshops to groups of young people in schools, LA organisations and community organisations, in Jamaica and England.

Our workshops will explore and critic **Equality** and **Human Rights** principles and practices within their everyday lives. By utilising coaching techniques we are able to allow young people to explore their own **identity** and **responsibilities** as a **global citizen** in a safe yet very effective manner.

3. Offer consultations and training to schools, LA agencies and organisations working with young people to incorporate UNICEF's example of 'Rights Respecting' practices to facilitate their service users learning and achievement.

Glossary

Life Coaching – A practice that utilises expert questioning techniques at assists clients in achieving their goals more effectively and efficiently than if they were to do so by themselves. Life coaching also assists the client in changing limiting beliefs with new empowering beliefs. **Rights Respecting Values** - A coherent values framework which enhances leadership. It shapes the ethos and unifies a range of disparate educational initiatives and government priorities in all UK jurisdictions; the global dimension, SEAL (social and emotional aspects of learning), sustainable development, and community cohesion. **Active Citizenship** - Practicing one's rights and responsibilities to make effective and positive change within the local, national and global community. **UNICEF** – United Nations International Children's Fund. **Community Benefit Society** - allows a mix of staff and other stakeholders to be on the board of directors, which is useful if the founding members (the social entrepreneurs) want to work for the organisation and be paid, whilst at the same time having a say in the way the organisation is run. It also involves their community in the running of the business by having them sit on the board. **Social Enterprise** - have two characteristics 1) That they all sell goods and/or services in order to generate a profit 2) That they use this profit to benefit society, instead of keeping it for private gain. **Charitable purposes** - To be a charity an organisation must have purposes or ('aims') all of which are exclusively charitable; a charity cannot have some purposes which are charitable and others which are not. The prevention or relief of poverty, religion, health or the saving of lives, citizenship or community development arts, culture, heritage or science amateur sport human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity environmental protection or improvement, The relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, The advancement of animal welfare, The promotion of the efficiency of the armed forces of the Crown, or of the efficiency of the police, fire and rescue services or ambulance services.