

Young Leaders Course NCO Level 1

29th , 30th & 31st October 2013

During the week the aim was to deliver a course which provided young people with the knowledge and the understanding to become a young leader and volunteer back into the community of DreamworX.

We delivered the basics of understanding youth work and youth work settings and the benefits of youth work in a community. They explored the role of a young leader and what that entails, found out what their strengths and weakness were and how that would influence their ability. These sessions were delivered to the young people as interactive group discussions and through small group work, so each young person could have the opportunity to contribute. We split their social groups up to allow us to see how the young people worked with others that were new to them.

We also provided them with activities based around the responsibilities of leadership. We ran ice breakers at the beginning and energizers to keep them motivated during the sessions. We encouraged the year 2 young leaders to assist with the new young leaders whilst discussions were taking place, to give the young people a perspective of their experience.

Our sessions were;

- Why do you want to be a young leader?
- What do you think youth work is all about?
- Is there a difference between a young leader and a youth worker?
- What does youth work involve?
- Where does youth work take place?
- Identify strengths and weaknesses.

The staff members had one to one discussions with the young people about what they got from the course and gave feedback regarding our perception of their input in the sessions. We also commented on behavior during team building activities.

On the Thursday morning we completed the session booklets. The young people then took part a kayaking activity at Oulton Broad Water Center, this was a reward for taking part and giving us their time, but also an opportunity to monitor their behavior and how they coped with safety issues and an activity that was out of their comfort zone. Leaders had conversations about trying new things and how to encourage participation,

The outcome of this course was to observe their potential. Most of the young people had to make their own way to the venue each day and keep to the time they were given. Over the course they took part in a variety of different activities which developed a range of skills like the ability to communicate clearly and listening to instructions and to others, team building, and problem solving. There were some in the group who improved personal skills such as confidence, self-esteem and behavior management. A NOC booklet had to be completed to show they had the understanding to be a young leader. Obviously the levels of participation & involvement varied but we were generally very encouraged by their response. 20 young people signed up for the 3 days and 15 successfully completed the course.

They all received a certificate of attendance. 8 are currently volunteering within the project.

Andrew Dorning

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