



No Excuses Mentoring

Youth Development Programmes Brochure

Empowering young people with [confidence, leadership, and life skills](#).

No Excuses Mentoring works with schools, youth organisations, and community groups to deliver structured mentoring programmes that help young people develop confidence, responsibility, and resilience — supporting students who need guidance, motivation, and positive role models.

The No Excuses Leadership Programme

PROGRAMME 1 OF 6

6-10 WEEKS

To develop **leadership, confidence, and responsibility** in young people through a structured weekly curriculum.

1

Leadership Mindset

Understanding leadership, identifying personal strengths, and what makes a good leader.

2

Confidence Building

Self-belief exercises, overcoming fear and doubt, and communication practice.

3

Responsibility & Discipline

Taking ownership of decisions, respect, and accountability.

4

Decision Making

Understanding consequences and peer pressure awareness.

5

Communication Skills

Listening skills and expressing ideas clearly.

6

Leadership in Action

Practical leadership activities, reflection, and feedback.

Confidence & Self-Belief Programme

PROGRAMME 2 OF 6

6 WEEKS

To help young people **build self-esteem and confidence** through a progressive six-week journey.

Weeks 1-2

- Understanding confidence & personal strengths
- Challenging negative thoughts
- Growth mindset development

Weeks 3-4

- Speaking confidently & body language
- Handling mistakes
- Building courage

Weeks 5-6

- Building friendships, respect & empathy
- Setting confidence goals
- Personal reflection session



Positive Choices & Decision Making Programme

PROGRAMME 3 OF 6

6 WEEKS

To help students **understand the impact of their choices** and develop the tools to make better decisions.





Future Ready Programme

PROGRAMME 4 OF 6

6-8 WEEKS

To **prepare young people for careers, employment, and adulthood** through goal-setting and practical skills development.



Vision for the Future

Identifying personal goals and aspirations.



Career Awareness & Work Ethic

Exploring career paths and the importance of effort and discipline.



Communication & Interview Confidence

Speaking, presentation skills, and personal presentation for interviews.



Personal Development Plan

Setting life goals and a clear roadmap for the future.

Resilience & Mental Strength Programme

PROGRAMME 5 OF 6

6 WEEKS

To help young people **develop resilience and emotional strength** to face life's challenges with confidence.



Understanding Resilience

What resilience means and why it matters.



Handling Pressure

Managing stress and staying focused under pressure.



Emotional Awareness

Understanding and processing emotions constructively.



Overcoming Setbacks

Learning from failure and developing a positive mindset.



Personal Resilience Plan

Developing mental strength and setting a personal resilience plan.

Young Leaders Mentoring Programme

PROGRAMME 6 OF 6

8 WEEKS

To **develop leadership potential** in students through an eight-week programme culminating in a real leadership project and presentation.

1

Foundations

Leadership foundations & confidence in leadership.

2

Skills

Teamwork, communication & influence, and problem solving.

3

Community

Community responsibility and the leadership project.

4

Showcase

Presentation & reflection — sharing growth and achievements.



Delivery Format

Our programmes are flexible and designed to fit seamlessly into school and community timetables. Sessions typically last **45–60 minutes per week**.



Group Mentoring

Collaborative sessions that build peer relationships and shared learning.



Workshops

Structured, activity-based sessions focused on specific skills.



One-to-One Mentoring

Personalised support tailored to individual needs and goals.



School Assemblies

Inspiring whole-school sessions to motivate and engage students.

Outcomes for Schools

Schools that implement No Excuses Mentoring programmes consistently report meaningful improvements across key areas of student development.

Student Confidence

Young people develop a stronger sense of self-belief and personal identity.

Behaviour & Discipline

Improved conduct and greater accountability in and out of the classroom.

Leadership Skills

Students take on greater responsibility and inspire those around them.

Engagement with Learning

Increased motivation and a more positive attitude towards education.





Partner With Us

No Excuses Mentoring partners with **schools, youth organisations, and communities** to empower the next generation with the skills they need to thrive.

Get in Touch

We'd love to discuss how our programmes can support your students and community.

 info@noexcusesmentoring.co.uk

 www.noexcusesmentoring.co.uk

Why Partner With Us?

- Structured, evidence-informed programmes
- Flexible delivery to suit your setting
- Experienced, passionate mentors
- Measurable outcomes for students