We are an award winning social enterprise that combines accredited soft skill qualifications and mentoring to empower people to achieve their potential, realise their self worth and build positive mental resilience.

Tel: 07923103056  Web: www.empower-bethechange.org
Twitter: @Empower_BTC  Facebook: Empower.BeTheChange
Programmes

Aimed at:
- Everyone that wants to gain the confidence & skills to take control of their lives.
- Those hoping to enter education, employment, training or volunteering.
- College and university students who want to gain key employability skills and experience.
- Individuals in employment who want to enhance their career prospects.
- Organisations that want to build cohesive and highly effective teams

QUALIFIED:
ILM Accredited Qualification
(City & Guilds)
Centre No: 006988

RESILIENT:
Soft Skills assessments
(MTQ and ILM72)
1-1 mentoring
Personal development plan

EMPOWERED:
Education
Employment
Training
Volunteering
Next step career
PROGRAMME 1 Empowerment programme
2 day course + 1:1 mentoring
Builds mental resilience, confidence & team member skills by equipping individuals with the tools to achieve their potential.

ILM Level 2 Award in Effective Team Member Skills
Understand your strengths & areas for development, team work & your role in a team. Develop effective communication skills in a team setting & know how to deal with conflict.

PROGRAMME 2 Empowered Leader
3 day course + presentation + 1:1 mentoring
Builds mental resilience, confidence & team leadership skills by equipping individuals with the tools to effectively lead a team.

ILM Level 2 Award in Leadership & Team Skills
Understand your role as a team leader and seek feedback on your performance. Know how to use effective personal time management & how to deal with stress. Understand the importance of effective communication, methods of communication & the importance of maintaining accurate records of communication.

PROGRAMME 3 Empowered Mentor
4 day course + 1:1 mentoring
Develop coaching, mentoring and leadership skills that are relevant in community, education and employment settings.

ILM Level 3 Award in Management of Volunteers
Be able to provide constructive feedback, develop effective communication skills and become a highly skilled mentor. Encourage the development of volunteers. Know how to provide appropriate and effective support to volunteers. Evaluate volunteer activities and achievements.

MTQ48 & Integrated Leadership Measure
During all 3 courses you’ll be asked to complete a short mental toughness questionnaire. This is a key stage of empowerment and will allow you to create a personal action plan through self reflection and 1:1 mentoring support.
What participants had to say:

"I really enjoyed this course, it was presented in a fun and engaging way. I really enjoyed meeting others in similar circumstance to myself." (Lucy 19, Wrexham)

"Very enjoyable course, content was exactly what I wanted. Excited to put it all into practice now." (Michael 54, Rhyl)

"The tutor made the course very informative and enjoyable. I have learnt so much about myself that has helped me progress and hopefully effectively mentor others". (Charlie 38, Connah's Quay)

100% participants achieved a positive outcome.

100% participants would recommend our programmes to others.

Contact

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