

COMMUNICATION, TEAMWORK AND LEADERSHIP



We used the Personal Development Scale to measure improvements in the communication, teamwork and leadership of young people who participated in our Education course. 91% of participants recorded an overall increase in their confidence to interact with others, whether working in a team (75%), presenting their ideas (65%) or being the leader of a team (65%).

When we followed up with students from one programme six months afterwards, 77% continued to score higher in how confident they felt interacting with others (58% in confidence to be the leader of a team and 50% in confidence to present their ideas). We found a similar lasting effect when we followed up with participants on our Skills for

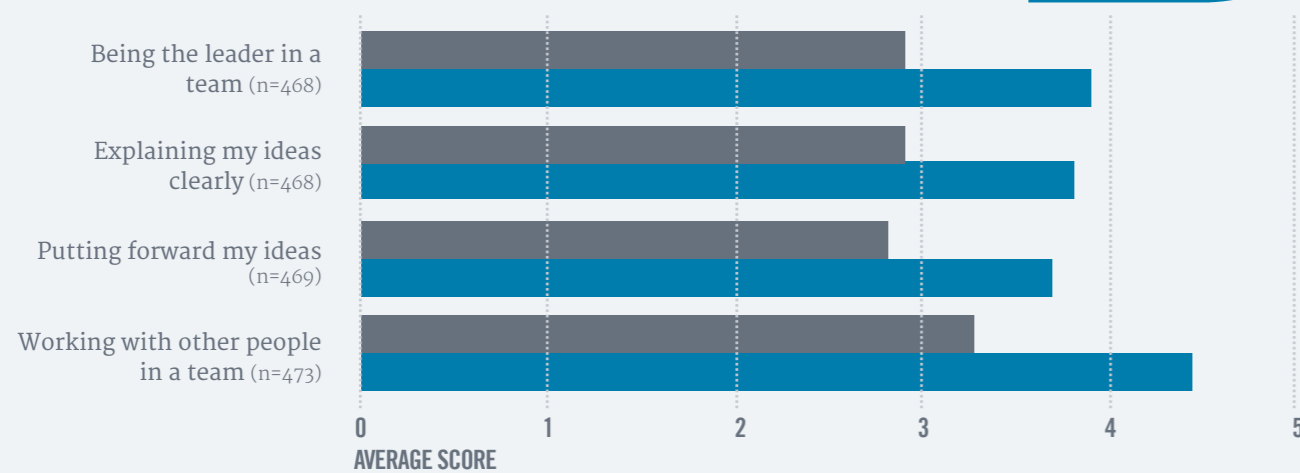
Life Award course: increases in confidence to explain ideas clearly and be the leader of a team were sustained twelve months on.

“*When I got back, I did notice I'd be more confident, making friends and stuff. But then, in my schoolwork, if a teacher asked me, out of the blue, to answer a question, I felt like I could ... Like I won't be judged as much if I answered that question, whereas, before, I wouldn't have.*”

Ruth, speaking in May 2016, three–five years after her course

IMPROVEMENTS RECORDED IN YOUNG PEOPLE'S COMMUNICATION, TEAMWORK AND LEADERSHIP

Personal Development Scale: Communication, leadership and working with others



Rating scale: 1=Very unconfident; 2=Unconfident; 3=Neither confident nor unconfident; 4=Confident; 5=Very confident

Full results can be found in Additional Research, page 65, Figures 17 & 18

* A retrospective pre-measure asks pupils once they have completed the course to reflect back on their starting level of confidence. This may differ from the actual pre-score they provided, after having practised their skills in a new and challenging environment, and realising that they are more or less confident than they previously thought.

91%
OF STUDENTS SCORED HIGHER FOR CONFIDENCE TO INTERACT WITH OTHERS AT THE END OF THEIR COURSE 77% SCORED HIGHER SIX MONTHS ON

FROM A PARENT'S PERSPECTIVE



Our evaluations involving the parents of participants provide further evidence that young people are better able to communicate with others following their course. Parents and guardians have recorded improvements in how well their son or daughter presents and communicates ideas, as well as their consideration for the needs of others after completing the Skills for Life Award.

Prior to taking part 38% of parents reported that their son or daughter would very often or almost always present their ideas with confidence. Six to eight weeks after the course, this figure rose to 64%.

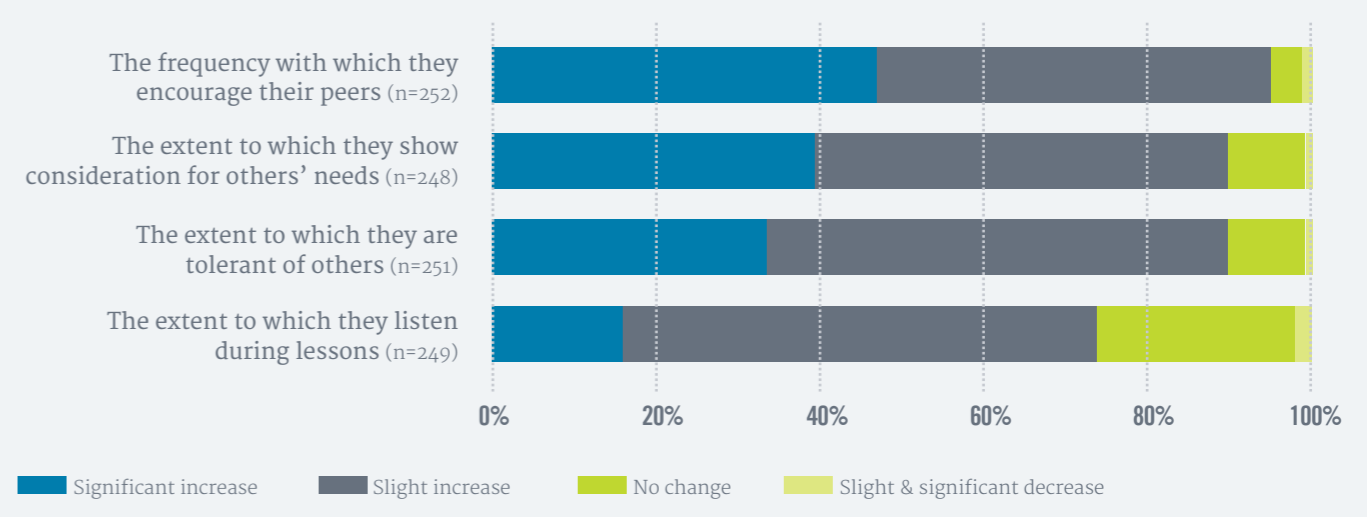
Similarly, prior to taking part 35% of parents reported that their son or daughter would very often or almost always explain their ideas clearly. Six – eight weeks after the course, this figure rose to 57%.

“*We have found George listens to others more than he did. He seems more confident when talking about his day and what he has achieved. He has also started to discuss what is not working for him and will now ask for help rather than keeping to himself.*”

Parent of George, age 18, who completed his Skills for Life Award course in 2016



FROM A TEACHER'S PERSPECTIVE CHANGES IN PUPILS' RELATIONSHIPS WITH OTHERS REPORTED BY TEACHERS FOUR - SIX WEEKS ON FROM THEIR OUTWARD BOUND COURSE



Full results can be found in Additional Research, page 66, Figure 19.