

# DEVELOPING YOUNG PEOPLE'S SOCIAL AND EMOTIONAL SKILLS: ENHANCING THEIR CAPACITY FOR LEARNING AND PREPARING THEM FOR WORK

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*I wouldn't be this much of a confident person [if I hadn't gone on the course], and that has like really made me think I can do stuff and I should just go for it and try, because if I don't try it I'm never going to be able to. ”*

Raj, speaking in May 2016, three-five years after his course

ON AN OUTWARD BOUND COURSE, PARTICIPANTS ACHIEVE MORE THAN THEY BELIEVE THEMSELVES CAPABLE OF

AS A RESULT, THEY BECOME MORE AWARE OF THEIR CAPABILITIES AND DEVELOP CONFIDENCE AND SELF-BELIEF

THIS MEANS THAT THEY HAVE HIGHER ASPIRATIONS AND EXPECTATIONS FOR THE FUTURE

The Outward Bound Trust's Theory of Change

