

Movement to Work

Feedback and Reflections



The Aim



To empower young people, not in employment, education, or training, to fulfil their potential through work

Support young people (16-30) by giving them important employability skills as well as other transferable skills to aid their path to employment

Support DVSA with its corporate, social responsibility by helping develop individuals within the community

Participant Feedback

How did you feel before the programme and how do you feel now?

Before

- Nervous
- Anxious
- Uncertain

After

- Confident
- Less anxious
- More understanding
- More knowledge

What has been your main challenge during the programme?

Public speaking

Presenting in a confident and positive way

Problem solving

Thinking about things in detail

Pushing myself (more than have done previously)

Timekeeping and getting the tasks done

What have you been most proud of during the programme?

01

Completing the Wellbeing project, and presenting this back to the group

02

Committing to the programme every day (being productive)

03

Doing the presentations, normally nervous and proud of presenting to the group

What skills have you developed and what is your biggest learning?

Presentation skills

Communication

Project work

Productivity

CV writing

Built confidence

– 'I can do it'

How to present myself

Personal brand and identity

Most useful and most enjoyable sessions?

Wellbeing session and project

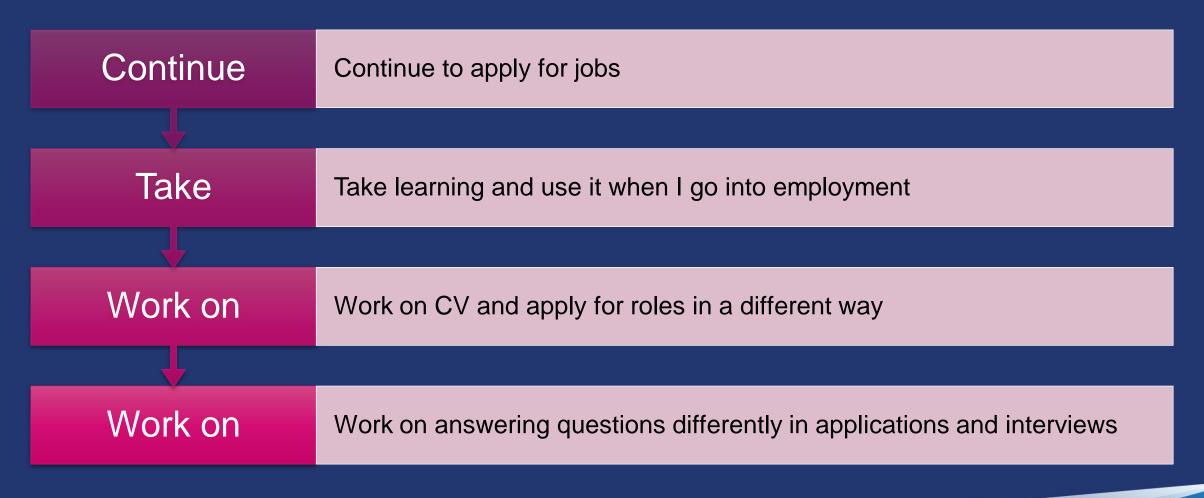
Interview sessions and feedback

Research projects

Ice breakers – the group discussion and interactions

Presentations

What will be your next steps?



Personal Reflection

Facilitation

Important to be able to cater for a wide range of different abilities and experiences

Ability to support those with additional needs such as autism and learning difficulties

Patience – need to build the inclusive environment and trust which takes time

Need to be able to adapt own style

Enthusiastic – need to be able to draw out conversation and discussion from potentially quiet participants

The Agenda

The sessions sit well in the agenda as they allowed a slow build up of confidence and skills

The shorter days over 2 weeks worked well, allowing the time to build the confidence and trust in the group, without information overload in each day

Most days finished half an hour early

Last project (Employer Brand) needs simplifying

Good to have guest facilitators but led by one person throughout (helpful to have one main point of contact for participants)

General

Overall, I think this programme adds huge value to the participants. Their confidence grew throughout the programme, and they built multiple skills which they will be able to use moving forward

It provided the opportunity for young people to be given support, feedback and be exposed to learning and skills that they have not previously been exposed to

It adds value to DVSA by supporting our wider communities to tackle youth unemployment

Build diversity & social mobility by promoting DVSA and the Civil Service as an employer to the participants (who stated they would now consider CS as a future employer)

Develops leadership skills for the facilitators – great development opportunity, challenging and rewarding