

Manchester Get On Track 2016 (Female Only)

Outcomes

Get on Track provides stepping stones into, volunteering, training and employment for vulnerable young people aged between 16 and 25 years old. They are mentored through a five stage personal development training programme by a team of Olympians, Paralympians, World and Commonwealth Champions.

Young people achieve improved:

- Lifelong skills
- Soft Skills
- Confidence and self-belief
- Communication Skills
- Self-resilience
- Future Aspirations for life
- Improved Health
- Teamwork Skills

The course will not cost you anything:

All **transport** costs will be covered
Lunch will be provided each day
Pre-arranged **childcare** can be covered
Any other reasonable expenses will be covered

The programme

On Your Marks

- 27th April – Build friendships and meet your athlete mentors.
- 28th April – Develop your team work and communication skills.
- 29th April – How to showcase what you have learnt in the first two days.

Get Set

- 04th May – Challenge4Change indoor adventure park to develop confidence and team building skills.
- 05th May – Mental Health Profiling from experts and how to deal with issues.
- 11th May – Experience the working environment.
- 12th May – UK Cheerleading Association Leadership Course.
- 15th May – Community Challenge supporting the UK Cheerleading Spring Championships.
- 16th May – Community Challenge supporting the UK Cheerleading Spring Championships.
- 25th May – Nutrition Workshop and Community Challenge review.
- 26th May – CV Workshop & Interview Skills.
- 01st June – Dragons Den (Bid for cash for your own fund to develop yourself) & Interview Skills.
- 02nd June – Mental Health Profiling.
- 08th June – Athlete mentor time course review.
- 09th June – During the programme you and your team will be allocated £1000 to design the final activity

Go

- 15th June – Celebration event that everyone is invited to.

If you would like to apply for a place on the course or would like more information please contact:

Craig Abel

c.abel@manchester.gov.uk

0161 219 2542

Venues

Manchester Regional Arena (M11 3FF)

Manchester Velodrome (M11 4DQ)

Other (Transport will be provided)