

Set for Success Year 2 | Executive Summary

Programme overview

Set for Success is a two-year youth leadership initiative that aims to provide young people from disadvantaged backgrounds with the opportunity to develop valuable life and leadership skills through mentoring sessions delivered by inspirational athletes. Set for Success is funded by the Wimbledon Foundation and delivered by the Youth Sport Trust.

Engagement



15

SCHOOLS ENGAGED



AN AVERAGE OF

13

YOUNG PEOPLE PER SCHOOL PARTICIPATED IN YEAR 2

Outcomes achieved

Young people reported the following benefits as a result of taking part in Set for Success:



61% improved their progress at school.



79% improved their teamwork, 78% improved their resilience and 71% improved their communication skills.



72% felt more positive about their future education and employment prospects and 71% had been given the skills they needed to succeed in future education and employment.



60% had increased the amount of physical activity they do.



71% increased their self-belief and 58% increased their happiness.

Lessons

1. Retain the blend of workshops and physical activity sessions
2. Maximise opportunities for relatable stories to engage young people
3. Ensure there is a dedicated member of staff
4. Follow the programme structure but be flexible
5. Maximise opportunities for face-to-face delivery
6. Carefully recruit young people to maximise impact
7. Give young people ownership of the programme
8. Maximise opportunities for young people to interact in small groups
9. Simplify the log-book requirements
10. Minimise the research requirements
11. Plan the programme activities in advance
12. Consider out of school experiences to support engagement



SET FOR SUCCESS



DELIVERED BY