

About Us

Youth Opportunities gives young people the game plan they need to achieve their dreams.

Our Personal Leadership Program is delivered to approximately 600 students across South Australia each year. Our mission is to empower young people to overcome challenges now and in their future. By focusing on building confidence, self-worth, and motivation, the program provides a practical well-being framework that can help young people overcome adversity and build resilience.

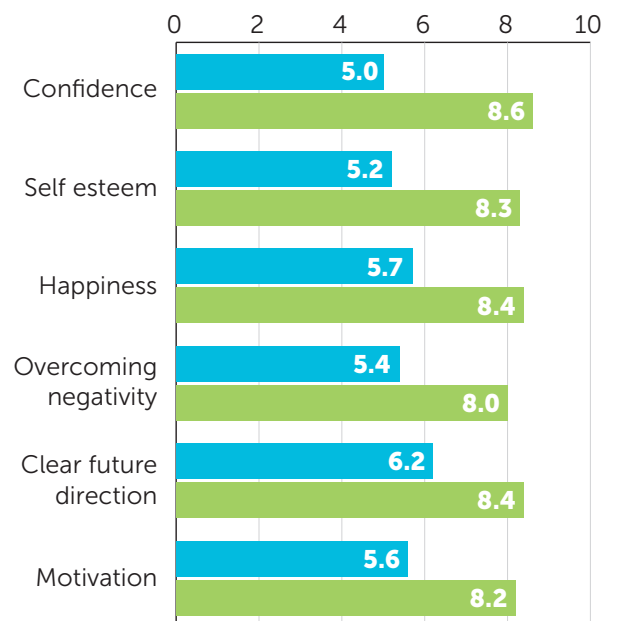
Each of our Personal Leadership Programs is delivered by two skilled and dedicated facilitators who work with groups of up to 18, year 10 students. Over a ten-week period, the program covers topics such as success and happiness, personal leadership, habits and neuroplasticity and the concept of the 4 Big Decisions which promotes:

- Long term happiness
- Setting and achieving goals
- Positive communication skills
- Taking opportunities and choosing growth

It's through the content, coaching, supportive group environment and the actions students take in their lives that real and lasting positive change occurs.

The Outcomes

2016 participants' wellbeing ratings before and after program



Average rating, on a scale of 1-10, where 10 is high

■ Before program ■ After program

In 2016



93% of students increased in **confidence**



89% of students felt their **self-worth** had increased



86% of students felt **happier**



84% felt they could **overcome negativity**



87% of students felt they had increased **motivation**



77% have a **clear future direction**

97%

of 2014 graduates are engaged in school, further study, or employment two years after graduating from the program.

"Before Youth Opportunities, I was getting into trouble a lot but the program helped me understand what is important to me. I'm now a Prefect at my school. I'm on top of all my school work and I want to go to uni to study business" 2015 Graduate.