

OUR MISSION

To empower young people to overcome challenges now and in their future.

OUR VISION

Improved wellbeing and resilience for young people.

Youth Opportunities is a South Australian not-for-profit that has been working to empower young people for more than 20 years.

The 10-week Personal Leadership Program gives young people the skills and tools to overcome adversity and build resilience.

The program focuses on developing long-term happiness, setting and achieving goals, increasing motivation, developing positive communication skills and increasing confidence.

Grounded in positive psychology, cognitive behavioural therapy and personal development theory, Youth Opportunities Personal Leadership Program aims to equip young people with the skills to deal with life challenges more effectively.

To date, **11,786** young people have participated in the Personal Leadership Program.

Youth Opportunities ensures young people don't just cope, **they thrive**.

In 2017 the Personal Leadership Program graduated:



631 students



in **43** programs



across **22** schools

Thrive graduated:

103 students

in **5** programs

across **3** schools



Student Wellbeing Indicators

Students undertaking the Personal Leadership Program are asked to complete a wellbeing self-assessment at the beginning and end of the program. In 2017, students reported increases in all areas of wellbeing as a result of doing the program.



95% of students reported having higher **confidence**



91% felt their **self-esteem** had improved



94% feel they have the **skills** to achieve their goals



90% reported better relationships with their **families**



94% know **what to do** to achieve their goals



88% felt they had more motivation towards **school**