

**Annual Impact Report** 





## people have opportunities to be their best.

Vision

## Mission

Create opportunities for young people to develop lifelong skills, habits &

programs and services, we equip more than 3,500 young people across Australia build resilience and optimism, and prepare for their future - while also providing access to opportunities which reduce barriers to achieving their potential.

wraparound support for over 25 years, and has since supported more than **15,650** Personal Leadership Program

While our programs are valuable for all young people, we raise funds to ensure we can reach those most marginalised in our community.

## **our Values**

## With young people at the heart, we:

- · Do the right thing and do it well
- **Empower others**
- Choose a growth mindset
- Inspire with passion
- Demonstrate gratitude
- Engage partners to get the best outcomes

## In 2022

Youth Opportunities supported more than

3,500

young people through:



59 face-to-face or blended personal leadership programs

\*includes specialised programs



8 online personal leadership programs



103 co-designed graduate workshops



awarding 93 school-based scholarships



## **PLUS**

771 educators & caregivers engaged in workshops & webinars

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# We value young people.

We believe in them, we educate them, and we motivate and



them to do the same for themselves.

# Generation Thrive, our social enterprise worked with:



129 participants



22 workforce partners

<sup>\*</sup>Images throughout the report may not depict the student who provided the quote to protect the identity of young people

## Message from our Chair

In our 25th anniversary year, it is evident that the personal leadership programs and wraparound services Youth Opportunities provides to our young people are needed like never before. And, with the impact of COVID and economic challenges ahead, it is likely to continue for years to come.

While we know our programs are valuable for all young people, it is your support that enables equity in opportunities and helps us reach those that need us the most. This is why, in my second year as Chair, I want to start with my gratitude to each of you who made our support of more than 3,500 young people in 2022 possible.

To our 33 secondary school partners, we are privileged to work with you and your students year after year and are in awe of your contribution as educators. Graduates, thank you for trusting us to help guide you to become personal leaders, we are constantly inspired by the positive changes you have made in your lives.

The Youth Opportunities, Generation Thrive, and Marshman Foundation teams, who work tirelessly to ensure young people get the best experience and outcomes - we are encouraged by your unwavering commitment. And our board, Patron, Life Members, Ambassador, committees, donors, government partners, and allies in the community, the past few years have been relentless, and it is only because of your support that our graduates are now equipped with the lifelong skills, habits, and attitude to take positive control of their lives and thrive.

There has been a tremendous amount achieved in 2022, and this report only highlights some of those outcomes. I am however very proud to share that we graduated 923 young people through our core face-to-face Personal Leadership Program for secondary schools, the highest number in more than a decade.

#### Additionally, we:

- Completed the pilot of a new delivery model for our two-year graduate engagement service, which will now be embedded into practice from 2023
- > Awarded 97 scholarships, including three university and one TAFE scholarship in partnership with the Adam Scott Foundation to support young people in pursuit of career and educational goals
- Extended our program reach by working with 129 participants in the community through our Social Enterprise Generation Thrive
- Engaged with 771 caregivers and educators through workshops and webinars to help young people sustain the changes they make in their lives

Our 2022 Golf Day and our Stars in the Garden events were once again well supported and combined, raised more than one million dollars. This, coupled with funds donated or granted throughout the year has put us in a strong financial position which is detailed in our financial report.

Heading into 2023, we have a clear strategy to ensure we remain focused on delivering the best possible outcomes for all young people here in SA as the need for our services is ever increasing. While at the same time as part of our longer-term plan to help support young people across Australia, piloting programs in secondary schools nationally which have been fully funded in our pilot year by the Federal Government.

As a board, the consistent results achieved by Youth Opportunities programs over the past 25 years, which aim to meet the diverse needs of young people, is something we are very proud of. We understand that our youth today require varying levels of support and the adaptation of our programs and services, along with the ability to provide opportunities that address individual barriers, remains our highest priority, as evidenced in the range of programs and services we now offer.

I would like to acknowledge my fellow board members for their dedication and support throughout the year and make special mention of Rebecca Adams, who we farewelled as Treasurer, and welcome David Whelan, her successor to this important role.

Erin Faehrmann, our Chief Executive, you have once again demonstrated your commitment to helping the organisation achieve its strategic goals while ensuring the best interest of our youth remain paramount, thank you.

And finally, to our new Patron, Her Excellency the Honourable Frances Adamson Governor of South Australia, and our Ambassador Peter Carey OAM, thank you for your contribution.

As we look ahead to 2023, I am grateful that together we will work to achieve our bold and ambitious goals to support more young people in the years ahead – because ultimately they deserve no less from each of us.

Nick Chigwidden **CHAIR** 



I am now more confident in my capabilities and will be compelled to throw myself into challenges more often. I am happy that I have better relationships with the people around me. 33

- Graduate

# the Specification of the Change the Future for Australia's Youth

One in three Australians aged 24 and from the lowest socio-economic backgrounds are not in education, employment or training, compared to one in 15 from the highest socio-economic backgrounds.\*

Almost three in 10 (28.8%) young people indicated high psychological distress and almost one-quarter (23.5%) felt lonely all or most of the time.\*

Disadvantaged young people face greater social exclusion and more limited opportunities compared to their more advantaged peers.\*

## Your investment

helped break the cycle of disadvantage, improved mental wellbeing, and created opportunities for our most marginalised youth to become leaders in our community.

**90%** are more motivated toward school

**17.5%** increase in students' optimism at the end of the program

98% of young people are taking more responsibility for making things happen in their lives

97% believe they can apply what they have learnt to future situations

98% would recommend the program

\*Core PLP results



We wouldn't be changing lives if it were not for you, our education partners, donors, volunteers, and supporters.

## Thank you.

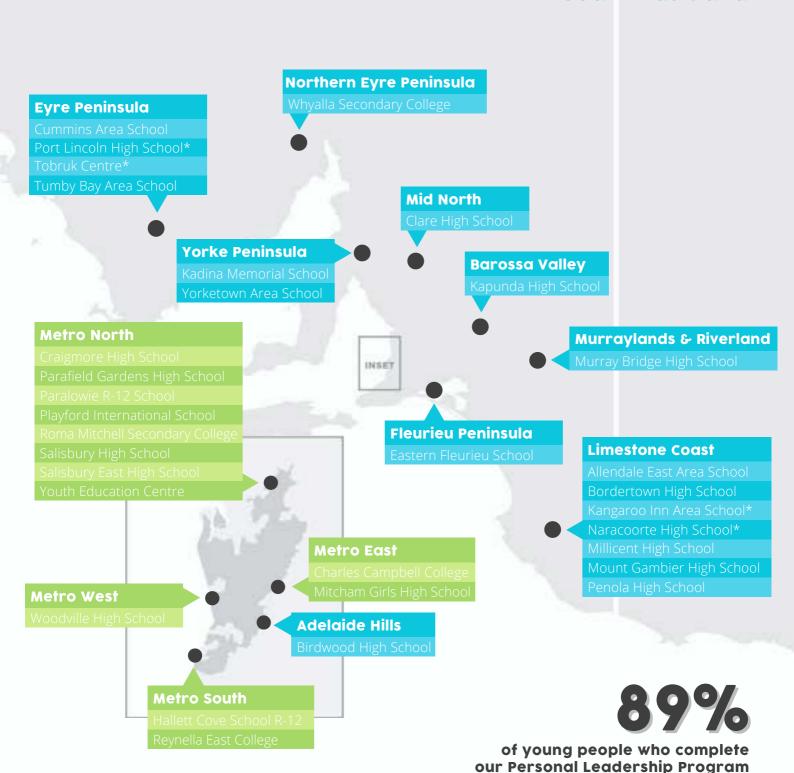
Erin Faehrmann, Chief Executive

<sup>\*</sup>References available at www.youthopportunities.com.au/organisation/annual-report

## **Our Valued School Partners**

Far North
Roxby Downs Area School\*

Youth Opportunities
were proud to partner
with 33 schools across
South Australia



\*Thrive@School programs

have improved their relationships

with their teachers

## Changing Lives, Transforming Communities

Sisters, Rawan and Bayan, are both Youth Opportunities graduates, scholarship recipients, and PROSPER Leaders. Rawan graduated high school in 2022 and is currently studying a Bachelor of Primary Education (Honours) and Bayan is in year 11.

Before joining the personal leadership program, my life was very dull and I always felt unconfident and insecure about myself. After joining the program my life has changed dramatically. Now I am way happier, have better relationships and I am way more confident. Not only that, but now I give a lot of stars to myself so that I don't remain insecure about myself.

Before the program I hated my life, I felt unconfident, and I was depressed. I came to a new country and lost a lot of my support network (friends and family) and I was bullied at my new school. I started to feel like I wasn't good enough, like there was something wrong with me. But then I joined Youth Opportunities and realised that life could get better. They gave me tools to go out and make new friends, stand up for myself and, express myself. I used to not trust myself and would have a lot of self-doubt and negative self-talk. Through the program I realised that people being mean to me wasn't my fault. They helped me to start to talk to myself more positively and to feel more comfortable asking



I was awarded a scholarship to get tutoring and a laptop which meant I had the resources to do my schoolwork and support around me. It was a huge help to have a reliable laptop which I wouldn't have had access to otherwise. It was a lifesaver! 37 - Rawan

# ff I would 100% recommend the program!

I think the biggest thing I learned was time management. When I was in high-school I would struggle, and the program taught me how to use focus blocks to help. I still use it today with my university assignments.

I also used to be scared to speak in front of five people but as a PROSPER Leader, I spoke in front of 500 people at the New Day Summit.

I couldn't believe it and I was so proud and my teachers were so happy for me. And because of Youth Opportunities I can reflect on that and recognise and appreciate my accomplishment. 33

- Rawan

# After Rawan went through Youth Opportunities she was a better person,

she would listen to others more and would want to hang out with us and go out with us to events. She was nicer and was more positive in her communication, asking me how I am going and our relationship got better and better.

# Seeing the changes in Rawan made me want to do the program too.

Even after graduating the program, I still use the tools I learnt. I still use the giving stars to myself, as well as giving stars to others. Further, I use the focus blocks technique when I am bored or procrastinating in classes. And I use a to do list to enable me to see what I need to have done by what time. This has also helped me learn how to prioritise my tasks.

- Bayan



## **Secondary Education**

## Personal Leadership Programs

### Face-to-Face Personal Leadership Program

Our evidence-based face-to-face personal leadership programs can be run as prevention or early intervention for students, providing enterprise and Social and Emotional Learning (SEL) skill development to support improved psychological health, and assisting in future career, education and life goal achievement. The program can be adapted for apprenticeships, at-risk or disengaged youth, or as a leadership extension for high-potential groups. The programs are aimed at year 10 students and run primarily one day a week over a school term for up to 20 students.

The content of the face-to-face training uses up to 40 practical tools and is coupled with individual coaching. This results in students who take personal responsibility for themselves, experiencing improved relationships with peers, teachers, and family, a clear direction for their future, and are equipped with skills and motivation to achieve their goals.

The face-to-face Personal Leadership Program is the primary component of Elevate, our Personal Leadership Pathway (currently only offered in South Australia). Elevate is a two-year service giving graduates access to PROSPER graduate engagement including workshops, ongoing coaching, leadership development, financial scholarships for marginalised youth and alumni activities.

Multiple delivery options including direct facilitation by two YO trainers, or partial and full license to build

Complements
the Australian
Curriculum & is
aligned with the
Australian Blueprint
for career
development

An endorsed program on the SA DfE External Wellbeing Programs Directory

The program is SACE aligned and provides 20 SACE points upon successful completion in SA

Our face-to-face Personal Leadership Program for the secondary education sector is proudly included in the Be You National Mental Health in Education Program Directory, an initiative of Beyond Blue.

## Online Personal Leadership Program

Thrive@School offers secondary schools an online version of our evidence-based Personal Leadership Program to support larger student cohorts at scale. There are flexible delivery models which can be facilitated by a school-based educator or support staff over one or two terms and include professional development training for your staff.

Thrive@School is a universal prevention and early intervention program which is suitable for all young people, with recommended delivery in Years 9 or 10 for approximately 30 participants. Students build wellbeing, improved resilience and responsibility, enterprise and leadership, Social and Emotional Learning skills plus digital literacy.

Provides an adaptive approach to complement national curriculum Is an endorsed program on the SA DfE External Wellbeing Programs Directory Meets the Personal Learning
Plan requirements and
provides 10 SACE points upon
successful completion in SA

## **Wraparound Services and Supports**

#### **PROSPER Graduate Engagement**

Graduates of Elevate, our two-year Personal Leadership Pathway, gain access to additional support, which includes in-person and online workshops, coaching, leadership development through co-design, and needsbased financial scholarships.

The program addresses our aim to improve engagement, build leadership, and better support our graduates to sustain the positive changes they make after completing our program.

### **PROSPER Scholarships**

To ensure that the young people who participate in the Elevate Personal Leadership Pathway can prepare for their future, we award scholarships that reduce financial barriers to achieving their potential.

Thanks to the support of donors, we provide financial aid, career guidance, academic tutoring, and tertiary education scholarships. Graduates must demonstrate a continued effort to school and academic pursuits, financial need, and display strong personal leadership skills to be eligible.

## Community 360 - caregiver and educator support

As an additional benefit to all of our education partners to support improved school culture, we offer Community 360. This service provides a wraparound to all of our graduates by educating and engaging caregivers, and educators on our Personal Leadership Program concepts.

This service offers online and face-to-face workshops, webinars, resources, and improved channels of communication to enable educators, and caregivers to support their young person during, and after, their participation in the Personal Leadership Program.

Our evidence-based personal leadership programs and wraparound services are drawn from a range of theories including social learning theory, cognitive behaviour theory, motivation theory, and positive psychology. All programs aim to develop the social, emotional and employability capabilities that drive habit change required for lifelong success through application of the framework of the 4 Big Decisions:



decide to be happy



decide to goal plan



decide to send stars



decide to grow



The Marshman Foundation is the independent research, design development and evaluation arm of our organisation. Providing thought leadership and support to protect the integrity and fidelity of our existing programs and services, the Foundation also oversees new programs and services for Youth Opportunities by testing and evaluating their viability in meeting the needs of the young people we serve.



Students are supported to become more visible within the school community, apply leadership skills and build friendships and positive relationships. The qualities we see develop are confidence, collaboration, direction, communication, along with setting themselves goals (socially, emotionally, and academically). Graduates seem to feel more valued and have a greater connection to school.

# The changes do impact on our school culture in a positive way.

Many past YO graduates are prefects and captains in the student leadership team. Past graduates take leadership roles in many other areas across the school, including sport, music and the arts, and student clubs, as well as within the wider community.

We would encourage other schools to partner with Youth Opportunities as the program provides young people with a voice and agency, as well as the skills and dispositions to become

# the best version of themselves. 33

- Paul, School Based Co-ordinator Woodville High SChool

### **Youth Opportunities**

## Theory of Change

At Youth Opportunities, we deliver personal leadership programs and wraparound services that are designed to support secondary students to take positive control of their lives - helping to address society's key concerns of long-term and intergenerational unemployment, mental health challenges, high levels of welfare dependence, offending and social harm. All of our evidencebased programs are drawn from a range of theories including social learning theory, cognitive behaviour theory, motivation theory, and positive psychology.

IF WE...

#### **DELIVER EVIDENCE-BASED PERSONAL LEADERSHIP PROGRAMS THAT MEET INDIVIDUAL NEEDS BY:**

Building social-emotional learning, enterprise skills, and improved psychological health of young people to thrive in education, work and life.











LEADERSHIP PROGRAM

providing targeted and early intervention, along with

and sustained support over

AND **WHERE REQUIRED...** 

#### ADDRESS ONGOING BARRIERS AND INEQUITIES MARGINALISED YOUNG PEOPLE FACE BY PROVIDING ACCESS TO WRAPAROUND SUPPORTS AND SERVICES



Provide access to two-vears ongoing support including peer workshops and access to coaching for at risk youth.



Offer opportunities for young people to build their leadership capacity through participatory design and civic engagement activities



Provide access to financial scholarships for voung people experiencing disadvantage in pursuit of their education and career goals.



Enable parents and caregivers to support the personal leadership of their young people through webinars and workshops



Support school communities and culture by delivering professional development opportunities for educators.

**THIS** WILL **LEAD** TO...

#### **FOUNDATION OUTCOMES** Self determination and personal accountability

#### **OUTCOMES**

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Enterprise skill development such as communication, critical thinking, problem solving	Raised aspirations with clearer goals for future	Increased motivation for school	Re-engagement with education	Engagement in further pathways for education and/or career	Improved education and career outcomes		
Improved social skills	Increased connection and positive relationships	Young people as leaders of themselves and others	Improved school culture	More cohesive families	Positive social contribution through civic participation		
Increased confidence	Increased self image	Increased optimism	Increased happiness	Improved wellbeing	Reduction in young people at high risk of developing a mental health disorder		

AND ULTIMATELY

- Young people with Improved employability leading to the disruption of the cycle of disadvantage. Young people thriving in their own lives leading to stronger schools, families, and communities.
- Young people with improved psychological health leading to a healthier Australia for all.



## 923 young people graduated from our face-to-face Personal Leadership Program as part of the Elevate Personal Leadership Pathway in 2022!

\*Excludes specialised programs

## **Delivery**

Working in partnership with 29 secondary schools, and with the support of two trained facilitators, students engage through group discussions, video, self-reflection, goal planning and personalised coaching which allows the program to be tailored to meet the needs and goals of the individual.

## **Outcomes**

We robustly demonstrate the impact of our face-to-face Personal Leadership Program using internationally-recognised measures, such as K10 and EPOCH. We consistently use statistical analysis to assess the effectiveness and impact of our programs with the support of the Marshman Foundation, our research, development and evaluation arm.

## 100% of Personal Leadership Program graduates received 20 SACE points based on their fulfilment of key criteria

By investing in the **Social-Emotional Learning** (SEL) skills of young people we see improved classroom behaviour, an increased ability to manage stress and depression, and better attitudes about themselves, others and school. While building **Enterprise Skills** supports employment outcomes as it is a powerful predictor of long-term job success, increasing the speed of young people attaining full time work by 17 months.\*

\*References at www.youthopportunities.com.au/organisation/annual-report

## **2022 Graduates Reported:**

#### **Improved Social-Emotional Learning**



97% have higher confidence



94% improved their self-image



98% are taking more responsibility for making things happen in their lives



93% have better relationships



90% are more motivated towards school



94% believe their grades will improve



97% have developed strategies for a successful life



93% have specific clear goals to aim for



94% have a good action plan to achieve their goals

#### **Improved Enterprise Skills**



94% have developed better time management & organisation skills



skills



95% can find creative solutions to problems



96% feel confident to step outside their comfort zone



95% have developed more meaningful



97% believe what they have learnt can be applied to future situations



96% are collaborating with others better



62% of students reported that the program assisted them when applying for part-time work during the program.



72% increase in aspiring to attend TAFE



68% increase in aspiring to undertake an apprenticeship



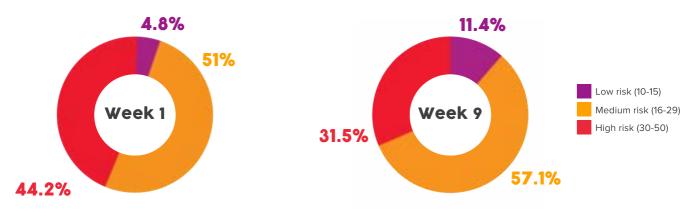
58% increase in aspiring to attend university

### **Elevate Personal Leadership Pathway**

## Improved psychological health

The Kessler Psychological Distress Scale (K10) measures general levels of distress, with indicators for anxiety and depression. The questions are asked of students in week 1 and week 9 of the program. K10 is a valid and reliable measure, used globally and by the Australian Bureau of Statistics for the National Survey of Mental Health and Wellbeing. Total scores range between 10 and 50, with higher scores indicating greater distress and risk of mental health concerns.

In 2022, after completing our Personal Leadership Program, we saw an aggregated outcome of a 29% reduction in the number of young people at high risk of developing a mental health disorder.



#### **HIGH RISK**

Students in this category are more likely to demonstrate anti-social behaviour, have decreased motivation, reduced self-confidence, affected sleep and experience some form of depression or anxiety.

#### **LOW RISK**

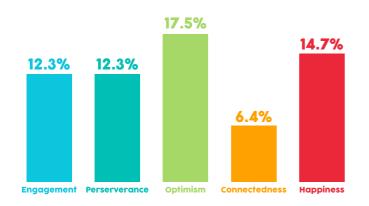
Students in this category are more likely to demonstrate positive behaviours, display high levels of self-esteem and present with an optimistic outlook.

## **Measure of Wellbeing**

Positive wellbeing in adolescents is identified and measured using five constructs known as EPOCH: **Engagement, Perseverance, Optimism, Connectedness and Happiness.** Our graduates' EPOCH results are not only statistically significant, but they also demonstrate the immense impact of the program.

## EPOCH Percentage (%) Increase at the End of Program

Graduates significantly increased in areas of Engagement, Perseverance, Optimism, Connectedness and Happiness.



## **Student Background** \*some students may appear in more than one category \*\*all students who received Stage 1 Integrated Learning SACE points Aboriginal or Torres **††††††††** 9% Strait Islander Culturally & **†††††††††**† 11% Linguistically Diverse School Card Lived in Australia less than 5 years Children under the Guardianship of the Department for Child Protection



I know I have improved my confidence because now I can hold my head up high and back up my decisions. I am not afraid to speak my mind and be myself anymore. 77 - Graduate

## **Secondary Education**

## Thrive Online personal leadership programs

Utilising our world-class Thrive platform, our adapted online Personal Leadership Program and communication modules see students engaging with content via interactive learning online, which can be coupled with facilitation support and coaching from Youth Opportunities trainers or school staff.

The Thrive@School Online Personal Leadership Program was built to complement the Australian Curriculum and meets the SACE Personal Learning Plan (PLP) subject requirements in South Australia. The online program also provides the opportunity for tailored personal development in the classroom through multi-modal delivery options and modules.

## In 2022,

the Thrive@School Personal Leadership **Program and Star Communication Module was** delivered in partnership across Australia to





**100%** of students reported having specific, clear goals to aim for



86% feel confident they can achieve their goals



79% have an action plan in place to achieve their goals

\*Results taken from Thrive@School PLP

I tried to create a star-filled environment by making an effort and listening. I chose to greet people in a more friendly, and enthusiastic way. I noticed that I felt more positive throughout the week, and people who I greeted were a lot more friendly in return. 33

During 2022, to support students at Kapunda Personal Leadership Program that utilised

Kapunda High School -

**Blended Program** 

On completion of the program 100% of students reported they had learnt skills that they could apply in future situations and were now more motivated toward school.

## Working with Coach

### **Coach Outcomes**

## **Wraparound Services**

## **PROSPER Graduate Engagement**

During 2022 we worked with 759 graduates across our workshops, leadership development and alumni program.

#### **PROSPER Leaders**

Youth Opportunities has a strong commitment to youth consultation and co-design. Innovative and motivated young people from amongst our graduates step up to take on a leadership role, working with our trainers and their peers. Together they collaborate to develop and deliver relevant and relatable workshops and resources that address key issues young people are facing.

We worked with 27 PROSPER Leaders from eleven schools across regional and metropolitan South Australia to co-create four new workshops over the year.

Additionally, our leader groups presented at the online Youth Futures Summit, presented to the Commissioner for young people co-designed survey results, learnt about and delivered on the LGBTQIA+ grant partnering with Grants SA and Department of Human Services SA, and participated in Youth Opportunities 25-year anniversary video.

## **PROSPER Workshops**

We've transformed our graduate engagement to better meet the needs of young people through co-designed workshops with PROSPER leaders, who bring key issues of young people to the forefront.

Workshops are designed to refresh the learning from the Personal Leadership Program and build on this by applying the tools and concepts to new topics.

We delivered 103 workshops to 739 students over the course of the year.

**Healthy Relationships** 

**Difficult Conversations** 

Self-Care

**Advocacy and Allyship** 













up and give back through Youth Opportunities.

During 2022 our alumni group had a significant impact and interaction including participation in our first ever Alumni Action Day, MCing for Youth Opportunities events, meeting with the Prime Minister, attending and presenting at the 2022 Newday Summit, and various speaking opportunities in the community.

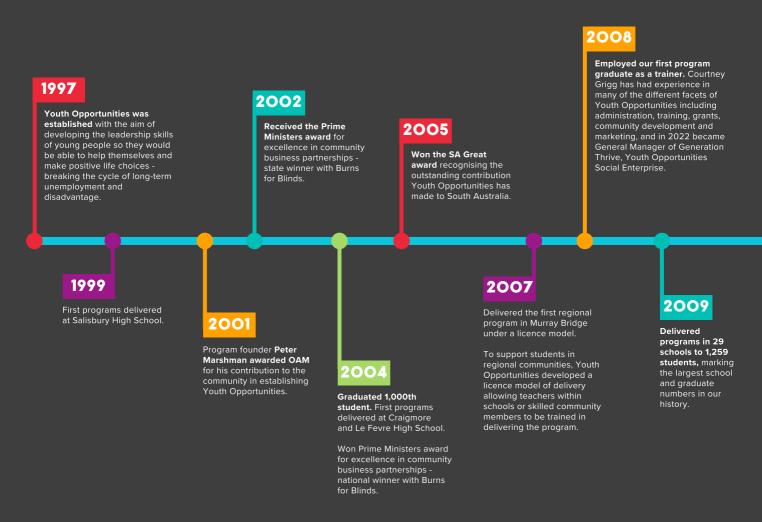
felt their contribution 90% was valued and listened to during the co-design process for leaders



Check out our graduates Newday presentation by scanning the QR

## How it all came about

The Personal Leadership Program was originally developed for businesses, as a management tool to increase employees' motivation for their work, both individually and as a team. With many employees reaching beyond their perceived capabilities and job responsibilities, program author Peter Marshman OAM soon realised the benefit it could have on school-aged participants and so began the formation of Youth Opportunities.



## Strategic Focus Areas Summary 2023

## Growth

In 2023, we continue our growth strategy to meet the needs of schools in South Australia and increase the number of young leaders our social enterprise, Generation Thrive, work with.

## Go beyond SA's borders

We will launch our first national personal leadership programs, supporting young people across Australia to thrive.

## **Reconsolidation**

As we grow rapidly we always want to ensure that we 'do the right thing and do it well' - therefore we will continue to review our growth strategy to ensure we are maximising our reach and impact.

#### 2012

Marshman Foundation established to support the development and currency of the program. From reviewing and updating program content and student manuals, to developing new services and innovative ways to support students, the Marshman Foundation ensures our program remains effective and relevant to young people. Development is informed by contemporary research, best practice and lived experiences of trainers and students.

Celebrated our 25th birthday, received the most federal funding in our history with Safer Communities and the Emerging Priorities Program, we reached the highest number of graduates in over a decade, and launched our plan to take our programs and services nationwide.

Our research arm, Marshman Foundation, began development of their Primary school PLP.

#### 2016

Development of our online program Thrive

Enables schools to access some of our core principles and teachings in an adaptable format.



#### 2018

Implemented the new Personal Leadership Program manual which incorporated new branding, symbolism and layout to ensure the presentation and delivery of information is relevant and appealing to young people.

Reached the highest number of graduates since 2009 with 824 young people graduating from the Personal Leadership Program.

#### 2020

PROSPER graduate engagement was launched thanks to a group of genero

thanks to a group of generous funders, and we delivered a hybrid model of our PLP as a response to COVID lockdowns.



## 2015

Graduated 10,000th student from our Personal Leadership Program.

Program update and restructure to toolkit approach of concepts.

## 2019

Launched P360 providing wraparound support to graduates through parent and educator workshops, introduced our most comprehensive PLP student manual, and we awarded the first Adam Scott Foundation scholarship.

### 2021

Generation Thrive, our social enterprise, launched, we graduated our 15,000th student, and had the biggest fundraising activity in the history of Youth Opportunities Stars in the Garden raising \$955,000.

## 2017

Began delivering programs to South-East of SA thanks to the support of seed funding received from Impact 100 and Coopers Foundation.

Introduced a Scholarships Program to remove financial barriers graduates may have to achieving by supporting them in their academic and career goals.

When I started Youth Opportunities, I had no idea of the impact it was going to have on the young people we were working with, or my own life. I started it because I wanted to give back - in fact, I felt it was my responsibility to do so.

I am incredibly proud of all we have achieved over the past 25 years and because our personal leadership programs continue to change so many lives. Australia needs strong communities, and these communities are made up of positive young people who are provided both opportunity and the skills to take control of their lives and unlock their potential.

My vision for the future of Youth Opportunities is that our generation recognises the problems young people face and rallies to ensure that all young people, no matter their circumstance, are given every opportunity to thrive.

- Peter Marshman OAM Founder

### **Wraparound Services**

## PROSPER Scholarships

## **Program Overview**

For many young people who complete our programs, our scholarships provide an invaluable resource as they address the financial conditions that are a barrier to achieving their future success.

Our scholarships provide financial aid, career guidance and academic tutoring, and are funded by donors in the community. To be eligible for a scholarship, graduates must demonstrate continued effort to school and academic pursuits, financial need and display strong personal leadership skills.

## **University Degree**

2022 is the fourth year that the Adam Scott Foundation has partnered with Youth Opportunities to offer a full university scholarship to our Elevate graduates. And, with such a strong group of applicants who all demonstrated significant need, the Foundation made the decision to provide not one, but three, fully funded tertiary scholarships and one TAFE scholarship.

## In 2022...



93 school-based scholarships



were awarded to 89 young people



8 received career guidance or academic tutoring



**90** received financial aid in the form of laptops, digital programs, course fees and school supplies



3 university scholarship and 1
TAFE scholarships thanks to the
Adam Scott Foundation

Since its inception in 2017, we have distributed



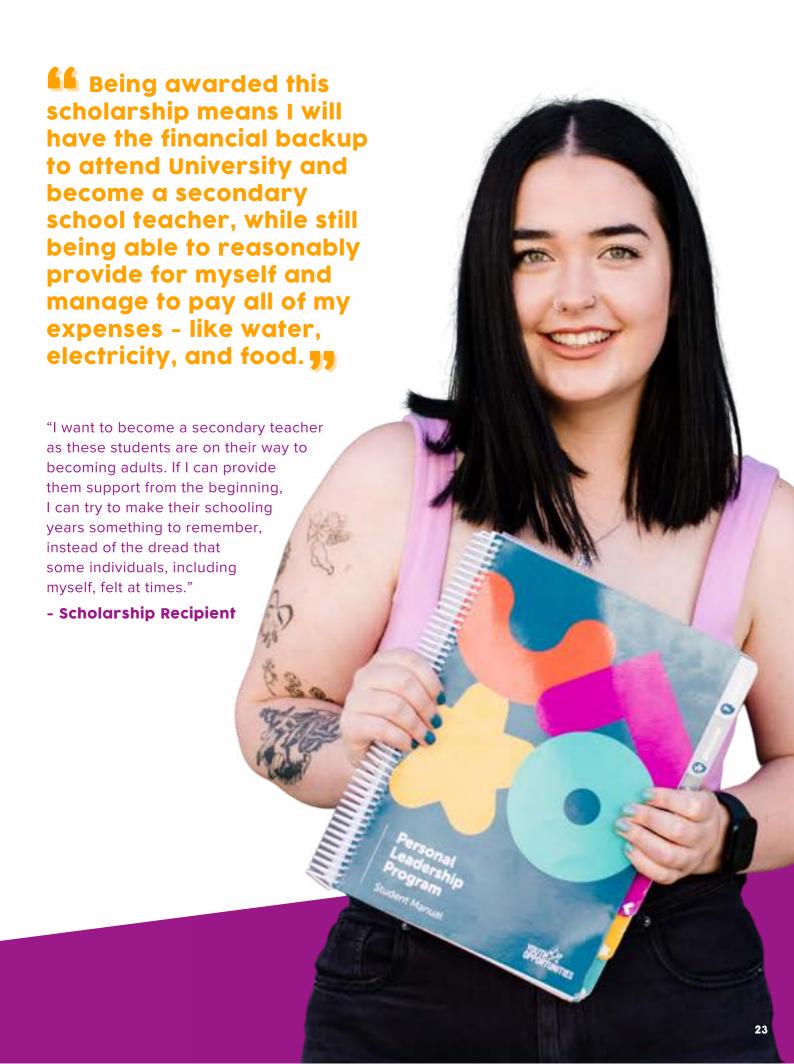
\$1,033,319 worth of scholarships



Across 31 regional & metropolitan schools



awarded to 320 young people



## Wraparound Services

## **Community 360**

## **Program Overview**

Now in its fifth successful year, thanks to the support of an anonymous benefactor, Community 360 contributes to improved and sustained outcomes for participants of our face-to-face personal leadership programs.

Through webinars, workshops, and newsletters, educators and caregivers surrounding participants help better understand a young person's journey as a personal leader, and to reinforce program concepts.

Ultimately, Community 360 supports improved relationships, family connectedness, educator development and school culture.



## Caregiver, educator & supporter feedback

after the young person has completed our face-to-face Personal Leadership Program

of supporters feel the young person shows a more positive attitude

of supporters feel the young person communicates better

of supporters feel the young person seems more confident

## Student feedback after completing the face-to-face Personal Leadership Program 94% have better relationships with their families 89% have better relationships with their teachers Caregiver & Educator Workshops of educators reported the tools and strategies learnt supported their teaching 100% of caregivers have learnt tools to build a more positive relationship with their young person of educators and caregivers agreed that they can apply the learning and strategies in their own lives

So good to see her Confidence boosted and to know she has tools to help her transition into adulthood. 77 - Parent

I am thrilled that my child has been given the opportunity to participate in this program, which I think will be potentially life-changing for her.



To be given skills to handle day-to-day activities, and to build confidence and resilience, is amazing. My daughter is so excited to be a part of this and I'm so grateful for this program. 33 - Parent

## Pilot Programs, Projects & Partnerships

## Apprenticeship Development Program

This program was designed to embed the fundamentals of our face-to-face Personal Leadership Program within a flexible apprenticeship. In 2022, we once again collaborated with GFG, giving 13 young apprentices the opportunity to improve their enterprise skills, job readiness and resilience.

#### **GFG** program graduates reported



**82**% have developed better communication skills



82% are more motivated toward work



**82**% have developed critical thinking and problem solving skills

## Roma Mitchell Secondary College

Thanks to support from the City of Port Adelaide Enfield, we were able to work with 14 indigenous young people from years 7,8 and 9 from Roma Mitchell Secondary College (RMSC). The school had identified these students were underrepresented in leadership and saw the program as a great opportunity to support students into leadership opportunities both in and out of school.

"I am able to talk about my dream career and netball experience to people, set on my goals for the future and I'm being helpful to everyone and keeping the positive energy up all the time." - Graduate

## Youth Education Centre/ Safer Communities

Following on from the first program at the Youth Education Centre in 2021, generously supported by the Milner Road Foundation, we took on learnings gained to provide training to our second cohort of students and worked with them to develop key life skills, positive habits, communication skills and resilience to overcome the challenges in their lives.

Youth Education Centre students are largely marginalised, disadvantaged, and/or disengaged from mainstream education.

The success of this program in 2022, once again funded by Milner Road Foundation, led to Youth Opportunities being awarded funding through the Safer Communities federal grant to pilot programs in additional schools during 2023.

## **Department of Child Protection**

During 2022 the Department for Child Protection partnered with Youth Opportunities and our Social Enterprise, Generation Thrive, to offer scholarships for a three-month Personal Leadership Program to young people in care or transitioning out of care.

The program was designed to build young people's strengths, motivation and confidence; support them to create and plan how to achieve their goals; and help them develop habits, skills and attitudes to succeed in their goals. Participants were assigned a personal coach and attended online group workshops to share their experience with other young people in the program.

"It's a personal toolkit for how young people can meet their potential. I liked that it's at your own pace and there is no judgement around wanting to learn and best equip yourself for success through self-Improvement.

I enjoyed the habit and clear intentions part of the program that helps you to make goals from small to big. I must admit applying the tools to create habits has improved my overall lifestyle. I see that consistency will compound into something worthwhile that translates into achieving goals that you made."

- Graduate

## Youth Education Collaboration for Aboriginal Young People

This collaborative project, funded by The Wyatt Trust, with youth-centered organisations across SA focused directly on supporting, empowering, and better serving young people from the Aboriginal and Torres Strait Islander Peoples community.

#### The involved organisation's were:

- Nature Foundation
- Operation Flinders
- Bikes Palya (Bike SA's program)
- Youth Opportunities

Key discussions focused on how to deliver and manage programs for Aboriginal young people authentically from a non-Aboriginal perspective.

During the project, Youth Opportunities identified several crucial elements that must be adapted into our programs, including the importance of Welcomes and Acknowledgements of Country to roles, family responsibility, and community obligations of young Aboriginal people.

Heading into 2023, we are excited about the ongoing partnership and building on our knowledge as we develop our Reconciliation Action Plan in the years ahead.

## Commissioner for Children & Young People Youth Survey

Youth Opportunities PROSPER leaders co-designed a youth survey to be administered to secondary school students from partner schools across regional and metropolitan South Australia.

The PROSPER leaders (age 15-17) took the lead in conducting research into similar surveys and finding the best way to form questions and acquire answers. Results were then delivered to the Commissioner for Children & Young People, Helen Connolly in July 2022.

## **Diversity and inclusion**

During 2022 we were excited to receive funding through Grants SA to support a program to 'Empower Young South Australians from the LGBTQIA+ Community'.

This funding enabled Youth Opportunities PROSPER leaders with lived experience in the LGBTQIA+ community to co-design workshops. We used a ladder of participation and combined their perspective with evidence-based tools and strategies from Youth Opportunities personal leadership programs for delivery.

## We delivered 21 workshops to 348 young people across 20 schools in SA.

Feedback from the workshop showed:

- > 90.5% understand how safe environments can support peoples' wellbeing.
- > 87.3% use personal leadership skills to support others.
- > 90.5% understand importance of inclusive communities.

## **Accessibility Audit**

To ensure that the Thrive Online Personal Leadership Program is culturally aligned and fully accessible, an accessibility audit was conducted. This audit supports our efforts in expanding the program's reach to more young people across Australia through a safe learning environment.

With thanks to The Collier Charitable Fund, we were able to conduct an Australian First Nations Cultural Safety audit with Gamarada Universal Indigenous Resources. Additionally, an accessibility audit for low vision, keyboard only and screen reader users was implemented with thanks to Australian IT powerhouse Atlassian, who provided their services probono.

We look forward to implementing actions from the audit which will not only enable our Thrive Online Personal Leadership Program to be fit for purpose for a diverse range of young Australians, but through the process enable our organisation to look at rolling out learning across all of our programs and services.

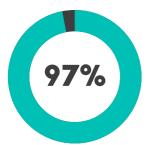


## A Youth Opportunities Social Enterprise

## **Outcomes**

## We have achieved amazing results in our second year of operation.

In 2022, Generation Thrive participants demonstrated significant growth and goal achievement across their personal and professional lives reporting:



Increase in taking personal accountability and self leadership for their success



Improved assertive and positive communication skills



99%

Are now confident in achieving their goals



97%

Developed critical thinking and problem solving skills



96%
Improved time
management, organisation
and negotiation skills



95% Feeling more confident

#### **Generation Thrive**

## **Our Social Enterprise**

## In 2021, Youth Opportunities launched our Social Enterprise, Generation Thrive.

A profit-for-purpose business, Generation Thrive supports the wellbeing and life skill development of Australia's emerging leaders through online personal leadership programs.

Now, more than ever, young people and young adults are facing unprecedented challenges, so we expanded our reach beyond the school gates by opening up our life-changing personal leadership programs to a wider audience, while still benefitting those experiencing disadvantage and adversity.

Scan the QR code to learn more about how we can support someone in your life, team or workplace to thrive!



In 2022, Generation Thrive had **129** participants and worked with **22** partners across different organisations, industry and community to complete the online personal leadership programs Thrive@Work and Thrive@Life.



This program is uniquely positioned to support the emerging workforce - our leaders of the future - to activate their potential, navigate setbacks with solution-focused thinking, and increase their confidence, clarity, and motivation. This allows them to lead themselves, and in turn others to success and contribute positively to the workplace as personal leaders.

Running in partnership with corporate organisations, SMEs, local government, state league sports teams and apprentice and trainee providers, our **Thrive@Work** program is delivered entirely online over 12 weeks.

It uniquely includes a combination of one-to-one coaching, group workshops, and access to our online toolkit, and helps improve the performance, engagement and retention of participants by equipping them with enterprise skills such as critical and creative thinking, positive communication, time management, confidence, and digital literacy.



Now any parent or young adult can jump online and gain access to our world-leading toolkit to develop skills and strategies that increase employability, wellbeing, resilience and self leadership.

Thrive@Life Personal Leadership Program helps participants improve their confidence, motivation, and relationships, and uniquely combines the online platform with one-to-one coaching to help individuals navigate their own unique set of circumstances and goals.

Consisting of 30 online and interactive tools, and four 30-minute coaching sessions, participants only need to allow up to three hours per week, have access to a computer, and basic digital literacy skills to complete the program.

**Generation Thrive** 

## Program Spotlight

Brighton Foodland's Personal Leadership Program

## BRIGHTON FOODLAND

Brighton Foodland recognised the importance of investing in their staff and decided to provide the Generation Thrive Personal Leadership Program as a learning opportunity for their emerging leaders. They understood that the program would not only benefit their employees professionally, but also personally. Brighton Foodland acknowledged that investing in the development of their employees would produce long-term benefits that extend beyond the 12-week program content and support.

## This program has brought me a better understanding of myself

and a far greater empathy for the world around me. I am better able to live a positive and fulfilling life by applying many of the tools in the program. I pay more attention to my body language and how this impacts the quality of my interactions and relationships. I am proud of my improvement, and the new relationships I have created and feel better equipped for the things ahead of me."

- Samuel, Brighton Foodland

**78%** 

of Brighton Foodland participants felt they increased their time management and organisation skills.



In 2022, Toyota was searching for a training program to help their up-and-coming leaders develop their personal and professional skills. When they were recommended the Generation Thrive Personal Leadership Program, they were thrilled to offer it to their dealer network and show their commitment to the growth and development of their members. Due to its success, Toyota is participating in the program again in 2023 and intend to make it available to even more employees.

36%

Increase in their teams psychological wellbeing

66 Over the past 12 weeks, I have acquired many tools to assist me in reaching my short and long-term goals in both my personal and professional life.

I learnt how to increase my self-confidence, use assertive communication, create healthy boundaries, and have good time management and self-care strategies which enabled me to thrive in my new role as a sales manager.

This has been a fantastic program that will help more people like me to unlock their full potential and create habits that help them to be the best version of themselves."

- Kristy, Murray Bridge Toyota

#### Generation Thrive was proud to partner with:

BMD Group, PhysioXtra, Tatiara Truck & Trailer, Bordertown Pumps & Refrigeration, Henry & Rose Café, Tatiara District Council, EDP All Custom Engineering Fabrication, Glenelg Football Club, Brighton Foodland, Toyota, Construction Industry Training Board, Raidis Estate, St Patricks Technical College, Letcher Moroney Accounting & Tax, Koonara Wines, Messenger Grape Harvesting, Timberlink Australia, Riddoch Business and Community Association, Department of Child Protection, NDSP – Plan Manager, Premier Panel Services

## Measured for success

We value measuring outcomes and provide all partners with an end of program outcomes report. The measures of personal leadership and mental health were selected in collaboration with Flinders University as universally recognised instruments.

We use the Mental Health Continuum, to measure the positive impact for our participants and partnering organisations across 3 wellbeing constructs, including:

- Social wellbeing referring to social acceptance, where one fits in the world, social integration and contribution.
- Emotional wellbeing related to positive affect, happiness, satisfaction, and interest in life.
- Psychological wellbeing covering self-acceptance, environmental mastery, positive relationships, personal growth, autonomy, and purpose in life.

"We saw the Generation Thrive Personal Leadership Program as great opportunity to invest in the personal development of our operations and administration team. Self-awareness is the foundation for personal growth, which will result in our people improving their self-confidence, wellbeing and working relationships."

Scott Collins, HR Partner Letcher Moroney Accountants

### **Locus of Control**

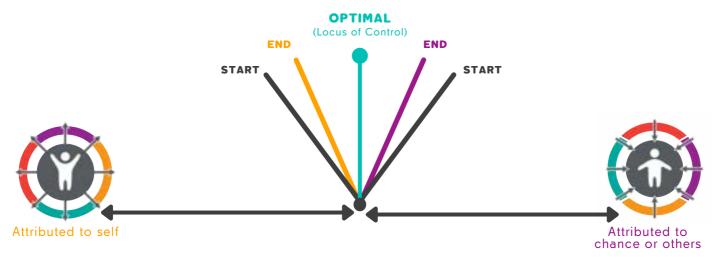
We measure the development of personal leadership through Locus of Control - a theoretical construct derived from psychologist Julian B. Rotter's (1954) social learning theory of personality. It refers to the degree to which individuals believe they have control over the outcomes in their lives.

Those with an internal Locus of Control believe that they make things happen in their lives, versus those with an external Locus of Control tend to believe they are the victims of circumstance and that other people and chance predict their outcomes.

Our programs focus on participants creating a healthy Locus of Control, where they demonstrate personal leadership through learning how to take responsibility for the outcomes that are within their control, and managing their responses to things that are not.

Research demonstrates that an internal Locus of Control is associated with:

- higher levels of job satisfaction, job motivation and job performance;
- better self-control, greater academic success, and more perseverance in the face of difficulty; and
- good psychological health, reduced risk of anxiety and depression and better physical health.



#### **Our Future**

## Support YO & Invest in the future of our youth

Thanks to our supporters in the community, together we created opportunities for South Australia's young people to develop the lifelong skills, habits and confidence to thrive.

## Because of our partners in 2022



More than 3,500 young people were supported across our programs and services

93 school-based scholarships were awarded to students experiencing disadvantage or adversity

#### **Corporate Partners**

In 2022, our corporate partners provided financial and in-kind support, staff fundraising, workplace giving, event attendance, and volunteering to create opportunities for young people. We are thankful to all our corporate partners and their support.

#### **Volunteers**

Volunteers, interns and student placements provided crucial support across various areas, such as administration, marketing, project management, event support, and governance through our board. During 2022, volunteers contributed more than 3,880 hours of support.

## Community Fundraisers & Charity of Choice

We were fortunate enough to be chosen as charity partners for a variety of occasions, including golf days, cocktail functions, lunches, dinners and the 2022 Newday Summit.

#### **Trusts and Foundations**

We received overwhelming support from our trust and foundation partners in 2022, as they recognised the need to invest in early intervention programs and expand our reach to more young people across Australia.

#### Gifts in Wills

We are grateful to the generous donors who included Youth Opportunities in their Will. Their belief in our young Australians is inspiring, and we honor their legacy. Such gifts help create a sustainable organisation and support young people for years to come.

#### **In-kind Donations**

Our fundraising events become even more successful each year thanks to the spectacular auction items donated by our supporters. These donations helped us raise more funds than ever before and enabled us to provide crucial resources and opportunities to young people. In-kind donations also offer more resources to young people like new laptops.

### **Private Giving**

A heartfelt thank you to our supporters in 2022 who were able to give so generously through our events, appeals, regular giving program, private giving, and family foundations.

## **Promoting our Cause**

You can help spread the word about our work by telling friends and family, sharing social media posts, or writing reviews online. Not only is word of mouth free but it will help us build brand awareness and trust.

#### **Attend our Events**

Show your support by participating in one of our events. Join us for our annual Golf Day or take part in our community fundraisers. If you want to take it a step further, consider hosting your own fundraising event and selecting Youth Opportunities as the beneficiary. Together, we can change lives and transform communities.

## To support Youth Opportunities please visit

www.youthopportunities.com.au Scan or click this QR code to find out how you can partner with us.



## **Partnership Spotlight**

## Stars in the Garden

Over the past eight years, Stars in the Garden has evolved to become Youth Opportunities' most successful and celebrated event – a day of premium wines, delicious food, excellent company, and exceptional fundraising. It is much anticipated and enjoyed year on year by up to 350 generous donors and friends.

In 2022, post-COVID, we were thrilled to return to the beautiful gardens of hosts, Robert Champion de Crespigny AC and Melanie Champion de Crespigny AM. Guests enjoyed an Italianinspired menu and entertainment, while listening to a captivating presentation by Noel Pearson. And in keeping with the theme, one lucky guest won a luxurious two-week Italian getaway to Lake Como through a lottery prize.

We remain humbled by the growth of this event which, for the second year running raised in excess of \$950,000. A cohort of new and regular sponsors were led by Presenting Partners, Thomson Geer and Taylor Collison, and we thank them for their continued support. We gratefully acknowledge the hard work of the organising committee, Melanie Champion de Crespigny AM, Arabella Branson, Sharyn Booth, Chrissy Esau, Amy Matthews, Polly Tembel and Michael Whiting.



Without the tools I learnt in Youth Opportunities, I wouldn't be the person I am today. During the Personal Leadership Program I set myself challenges each week to overcome situations and to increase my self-esteem and confidence. I reframed my self-talk, focused on my strengths and reduced the harmful and unhelpful comparisons that I was making.

Youth Opportunities taught me that loving yourself and believing in your strengths & abilities to succeed are the best skills to have in life.

- Graduate

#### 2022

## Golf Day

The 15th Annual Youth Opportunities Golf Day, presented by Tanti Constructions, was a huge success for the organisation and guests. 120 golfers assembled at Glenelg Golf Club in April and raised over \$100,000 for the young people we support.

Enjoying a fun but competitive game, golfers were treated to a series of on-course delicacies, premium beverages, mini-massages, and fundraising activities. Following play, guests came together to celebrate day's proceedings, with the overall winners being Innovative Planning Solutions, who once again travelled from Queensland for the event.

The Golf Day is such a success each and every year because of the community of return players and long-term supporters. We are so very grateful for the ongoing support of this group, and particularly acknowledge the support of the organising committee, Eddie Bell (Chair), Peter Carey OAM, Pat Carpenter, Nick Chigwidden, and Joe Paparella.

We also acknowledge one of our event founders, Lee Newton, and thank returning Presenting Partners, Tanti Constructions, along with our many event sponsors.

### 2022 financial report

## **Treasurers Report**

It is important to all of us at Youth Opportunities that you feel your donations are effective in helping us achieve our mission of creating opportunities for young people to develop lifelong skills, habits, and confidence to thrive. This is why we are proud of the level of transparency we share with our supporters in demonstrating where, and how, an investment in Youth Opportunities makes a significant impact. And why your support is critical to achieving our goals.

Because of your support, and coupled with our continued focus on operational efficiency, we were able to deliver the highest number of personal leadership programs and wraparound services to young people in South Australia in over a decade.

We ended the financial year with an operating profit and committed funds for programs and service delivery in 2023 - drawn from government grants, scholarships and restricted donations.

The board and management team of Youth Opportunities continue to be committed to ensuring strong governance. This is why in 2022 we introduced a finance sub-committee of the board to approve financial decisions outside of the Chief Executive delegation of authority, and regularly review the organisation's financial position.

As a result, the decision has been made by the board that Youth Opportunities is now in a position to deliver on its proposed investment strategy. This will see the allocation of a percentage of cash reserves to be invested in 2023 to a high term deposit to not only generate future income, but to also reduce operational risk and ensure long term sustainability, with funds being able to be drawn upon to support mission-based activities if required.

Below is a summary of our financial position for 2022 which shows where our income came from, and where it was invested within Youth Opportunities to support program and service delivery, increase community support, and improve systems and functions.

To view Youth Opportunities' Directors Report and Audited Financial Statements scan the QR code.

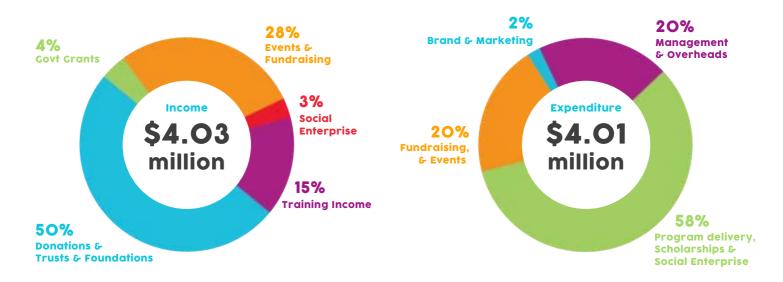


## 2022 Profit & Loss Statement

ZOZZ I I OIII O EGGG GIGICIIICIII	
	2022 Actual
Fundraising (excl Events income)	2,007,581
Program Delivery Income (incl Social Enterprise)	729,326
Events Income	1,144,020
State & Federal Grant Funding	148,886
Total Income	4,029,813
Program Delivery Expenses (incl Social Enterprise)	2,146,064
Fundraising (excl. Events) Expenses	467,368
Events Expenses	333,044
Technology Infrastructure	16,398
Management & Administration Expenses	488,036
Brand & Marketing	93,713
Overheads	297,376
Scholarships awarded	163,707
Total Expenses	4,005,706
Operating Profit / (Loss)	24,107
Other	11,240
TOTAL Other Income	11,240
TOTAL PROFIT / (LOSS)	35,347

## 2022 financial report

## **Income & Expenditure**



In 2022 we were grateful to have volunteers, interns, and placement students who contributed more than 3,880 hours to support program delivery, strategic direction, governance, office administration, fundraising, and events.

## **Balance Sheet**

Daidile dilect		
	2022	2021
Cash	4,112,857	3,095,327
Receivables	114,358	44,162
Other Current Assets	43,136	22,204
Total Current Assets	4,270,351	3,161,693
Plant & Equipment	8,405	14,962
Total Non-Current Assets	8,405	14,962
Total Assets	4,278,756	3,176,655
Creditors	46,448	59,584
Income In Advance	2,163,755	1,132,343
Payroll Liabilities	5,949	5,947
Tax Payable	60,147	48,296
Annual Leave Provision	147,739	120,198
Long Service Leave Provision	61,576	41,517
Other Creditors	91,970	105,678
Total Current Liabilities	2,577,584	1,513,563
Long Service Leave Provision	38,118	35,385
Total Non-Current Liabilities	38,118	35,385
Total Liabilities	2,615,702	1,548,948
NET ASSETS	1,663,054	1,627,707
Retained Earnings	1,627,707	1,556,045
Current Year Surplus/Deficit	35,347	71,662
TOTAL CHARITABLE FUNDS HELD	1,663,054	1,627,707



**School Partners** Allendale East Area School Birdwood High School Bordertown Area School Charles Campbell College Clare High School Craigmore High School Cummins Area School Eastern Fleurieu R-12 School Kadina Memorial School Kapunda High School Mitcham Girls High School Millicent High School Mount Gambier High School Murray Bridge High School Naracoorte High School Parafield Gardens High School Paralowie School Penola High School Playford International College Reynella East College Roma Mitchell Salisbury High School Salisbury East High School Tumby Bay Area School Whyalla Secondary College Woodville High School Yorketown Area School Youth Education Centre

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## Special thanks

for the support received from the SA Department for Education & the **Australian Federal Government** Department of Industry, & Department of Education

# we are grateful for all our partners & donors who invest in young people

## and acknowledge the following supporters

#### **Student Donors**

Michael Abbott AO & Sue Crafter Adelaide Symphony Orchestra Henry & Kym-Lea Angas Will & Virginia Angove ANZIIF Aristocrat

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Woodhouse Activity Centre

Quality Wool

YAP Consulting Group Stephen & Cathy Young Yours + Mine Boutique

Karl Zirkel

<sup>\*</sup>We remember Glenda Kidman, Ian Wall AM, Meredyth Sarah AM and Harley Hooper whose generous contributions have left a lasting impact on our organisation.



Before undertaking this program, I felt lost. I had no motivation or organisation skills, I had no future direction and I didn't know myself. I was indecisive and utterly lost.

Youth Opportunities has given me an opportunity to find my way.

## **Our People**

## **Board Members**

Bec Adams

Nicky Brand, Vice Chair

Nick Chigwidden, Chair

Matthew Fisher

Peter Marshman OAM

Sue McMillan

Darren Steele

David Whelan

Michael Whiting

## **Life Members**

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Melanie Champion de Crespigny AM

**Darryl Cross** 

Stacey Freemantle

Conrad Guerra

Kerin Hayden

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Graham Hobbs OAM

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We acknowledge the traditional custodians of the lands on which we work and learn, and pay our respects to the Elders past, present and emerging. We recognise and respect their cultural heritage, beliefs, and ongoing relationship with their land, and we recognise the importance of young people, who are the future leaders of tomorrow.

Youth Opportunities endorses the Charter of Rights for Children and Young People in Care and supports and promotes the rights set out in the Charter.

