

Skills4Life

Sample 5 day programme

MORNING

DAY TWO

FOR LOVE OR MONEY

Run by our partner
LOUDSPEAKER

In this full-day activity, groups explore how to use their voice to inspire change and boost their career.



LUNCH

They'll learn to speak with passion and build confidence in communication and body language as they pitch a business using their new skills.

DAY THREE

FOOD 4 THOUGHT

Created & endorsed by
Dr Emily Wilkinson PhD MMedSci BSc

With a set budget and resources, teams must work together to build a shelter, light a fire, and cook together - learning about good nutrition whilst developing resilience, creativity, and collaboration in a hands-on, rewarding experience.



- Masters in Human Nutrition
- PhD in Appetite Psychology
- Passionate about nutrition education for young people



LUNCH

RAFT BUILDING

Adapted with extra challenges to build resilience, collaboration and problem solving skills.



DINNER

DISC GOLF



DAY FOUR



GIANT SUP

A fun challenge to develop leadership & communication skills on the water!

EPIC CHALLENGE



LUNCH

Throughout the day, there'll be a series of exciting challenges designed to help the group build key life & employability skills (such as critical thinking), strengthen team bonds, and prepare them for future success.

DINNER

AWARDS & SILENT DISCO



DAY FIVE

TRIP REFLECTION

Learners record their progress in a take-away journal for evidence of achievement



GIANT SWING



DEPART

DAY ONE

GROUP CONTRACT & GOAL SETTING



AFTERNOON



JACOB'S LADDER

Groups use their communication and collaboration skills to get everyone to the top.

DINNER

AXE THROWING



DINNER

ARCHERY TAG




Skills Builder
UNIVERSAL
FRAMEWORK

Evidenced using the Skills Builder Universal framework 2.0 and resilience & wellbeing scale improvements (CDRSC10/SWEMWBS).

Sheffield Hallam University

Programme accredited by Sheffield Hallam University.

3 day itinerary also available. Activities vary by centre, please enquire with our team for more information