

ELEVATE

4-WEEK PERSONAL DEVELOPMENT PROGRAMME

FEELING UNSURE ABOUT WHAT IS NEXT OR FACING A TOUGH SITUATION?

ELEVATE OFFERS YOU THE SPACE TO BUILD CONFIDENCE
AND MOVE TOWARD A MORE POSITIVE FUTURE.

4-week Personal Development Programme
Personalised mentoring and careers support
Support to build positive friendships and better opportunities

This is for you if you are:

- 16–21 years old and living in Nottingham City
- Not currently in education, employment, or training
- Ready to focus on your goals and take your next steps
- Have been affected by crime or anti-social behaviour, or want support to avoid situations that could hold you back

Scan to
find out
more and
get started



YOUTH GUARANTEE
Funded by **UK Government**



Nottingham
City Council

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CLAIRE WARD
MAYOR OF THE
EAST MIDLANDS



EAST MIDLANDS
COMBINED COUNTY
AUTHORITY

WEEK ONE

Participants explore their strengths, identity and aspirations while building trust within the group. Sessions focus on wellbeing, positive role models, cultural awareness and understanding healthy boundaries.

WEEK TWO

This week develops understanding of healthy relationships, communication and conflict resolution. Participants also explore community risks, exploitation awareness and strategies for making safer, more positive choices.

WEEK THREE

Focus is on building resilience, emotional wellbeing and coping strategies through practical and active sessions. Participants develop teamwork skills and learn how to apply positive behaviours in real-life situations.

WEEK FOUR

Participants develop practical life skills and take part in creative problem-solving and group projects. The week focuses on future opportunities, including work, education and positive community engagement.

Once they have completed the PDP, each participant will receive 3 months of mentoring support, careers advice and employment support.