

Our mission: To help young people develop self-confidence, employability and leadership skills through activity, providing a bridge to pathways beyond.

ACTIVE LEADERS

Evaluation, Impact and Testimonials

2016 to 2020



EVALUATION AND IMPACT REPORT

Report prepared from:

Student surveys

Host and Funder comments

Trainer observations

Employer feedback

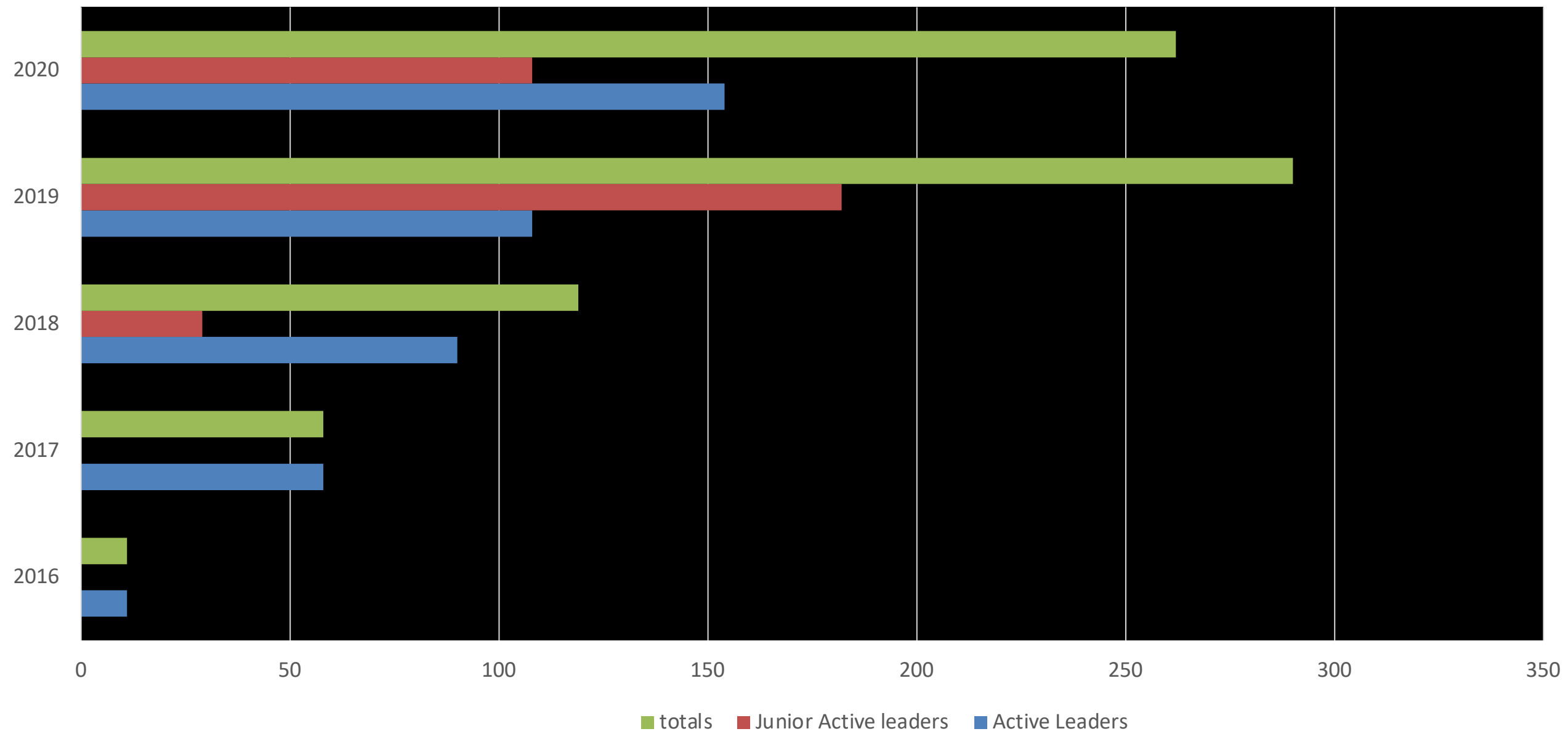


Evaluations from 615 Active Leaders and Junior Active Leaders across 36 courses in 11 UK counties



OVERALL GROWTH

The number of Active Leaders and Junior Active Leaders



ACTIVE LEADERS: STUDENT FEEDBACK



99%

Said self confidence had increased

90%

felt more ready for work and career decisions

98%

Learnt something positive about themselves

100%

Felt able to lead, more confident with people, more positive about volunteering

4.9/5 rating for student experience
99% recommendation to others

IMPROVEMENTS IN:



- Self esteem, confidence, ambition
- Skills development
- Attitude to new challenges
- Overall well-being and activity levels
- Sense of pride and attitude to learning
- Emotional intelligence
- Career choices

Personal reference a unique feature

- Volunteering
- Sports coaching
- Holiday camp work
- School leadership roles
- Catering and hospitality
- University
- Public sector
- Charity fund raising
- Event management
- Work placements

Information from teachers and headteachers

Quotes from Active Leaders



“Active Leaders helped me to gain confidence and reignite my passion and love for sport which, like many girls, I lost at secondary school. I won a year-long placement in Auckland, based on my Active Leader Award, to run community activity.”

(AAA undergrad female at Bath University)*

“Active Leader training gave me the confidence to evaluate what I wanted to do as a career. It has helped me to challenge myself with work experience, given me new friends and the skills to help others avoid isolation.”

(Reading University Year 2 psychology student)

“Active Leaders is an amazing course helping you gain more confidence. I have just finished my work experience week there and I strongly recommend it. It helps you gain the skills you need for jobs...”

(Year 10 anxious male, Wolverhampton secondary school)

“This course was such a good use of my time. It’s the best fun I’ve had all year.”

(Year 11 Student during lockdown)

JUNIOR ACTIVE LEADERS: PUPIL FEEDBACK



95%

reported increased levels of self confidence

89%

are looking forward to leading activity

86%

Said the course helped them to think quickly

100%

wanted the course to continue

TRANSFORMATIONAL



Self assessment by year 5 pupils of course impact (12 questions asked):



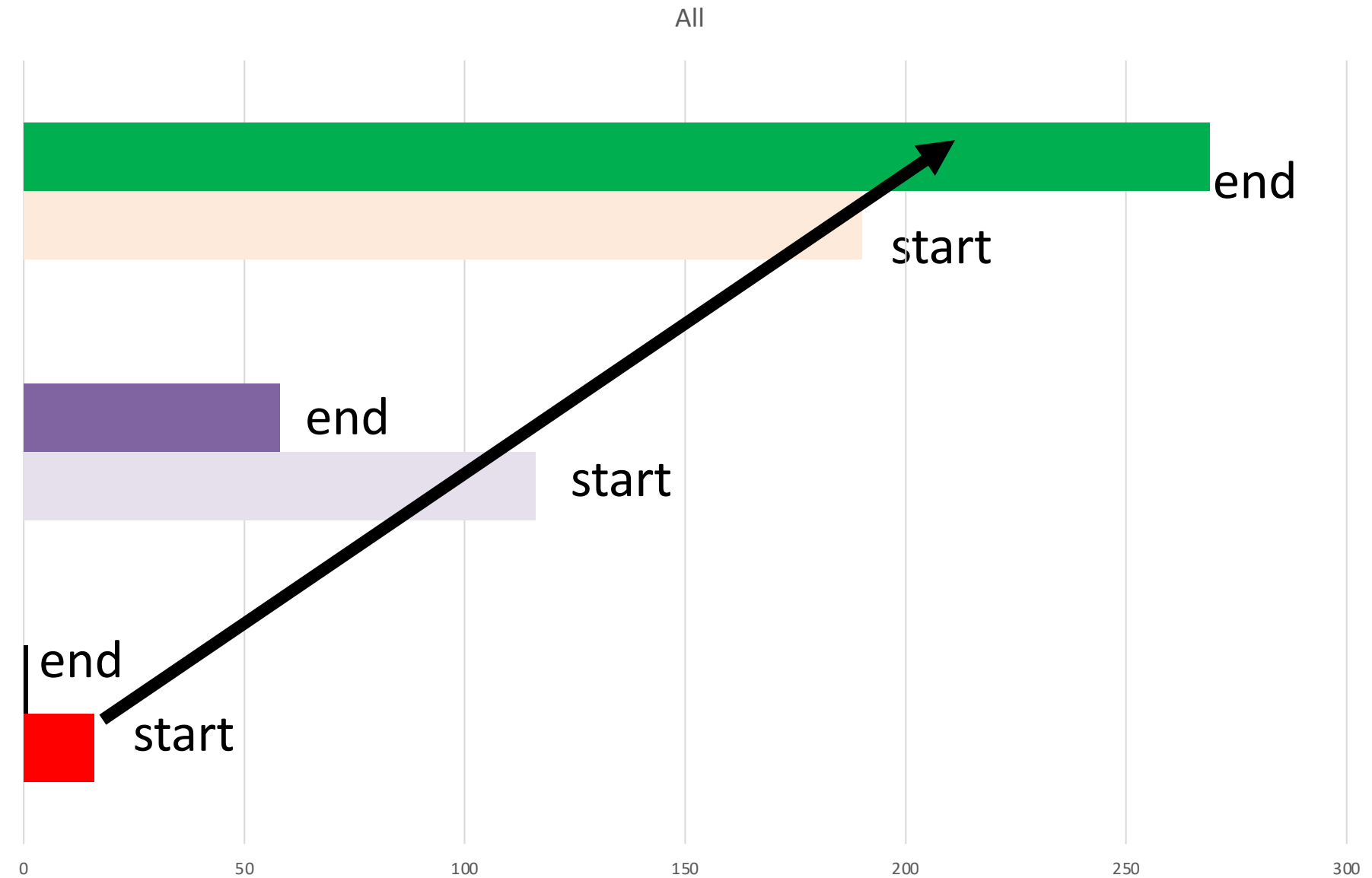
I can do this easily



I can do this with some effort or help



I find this difficult

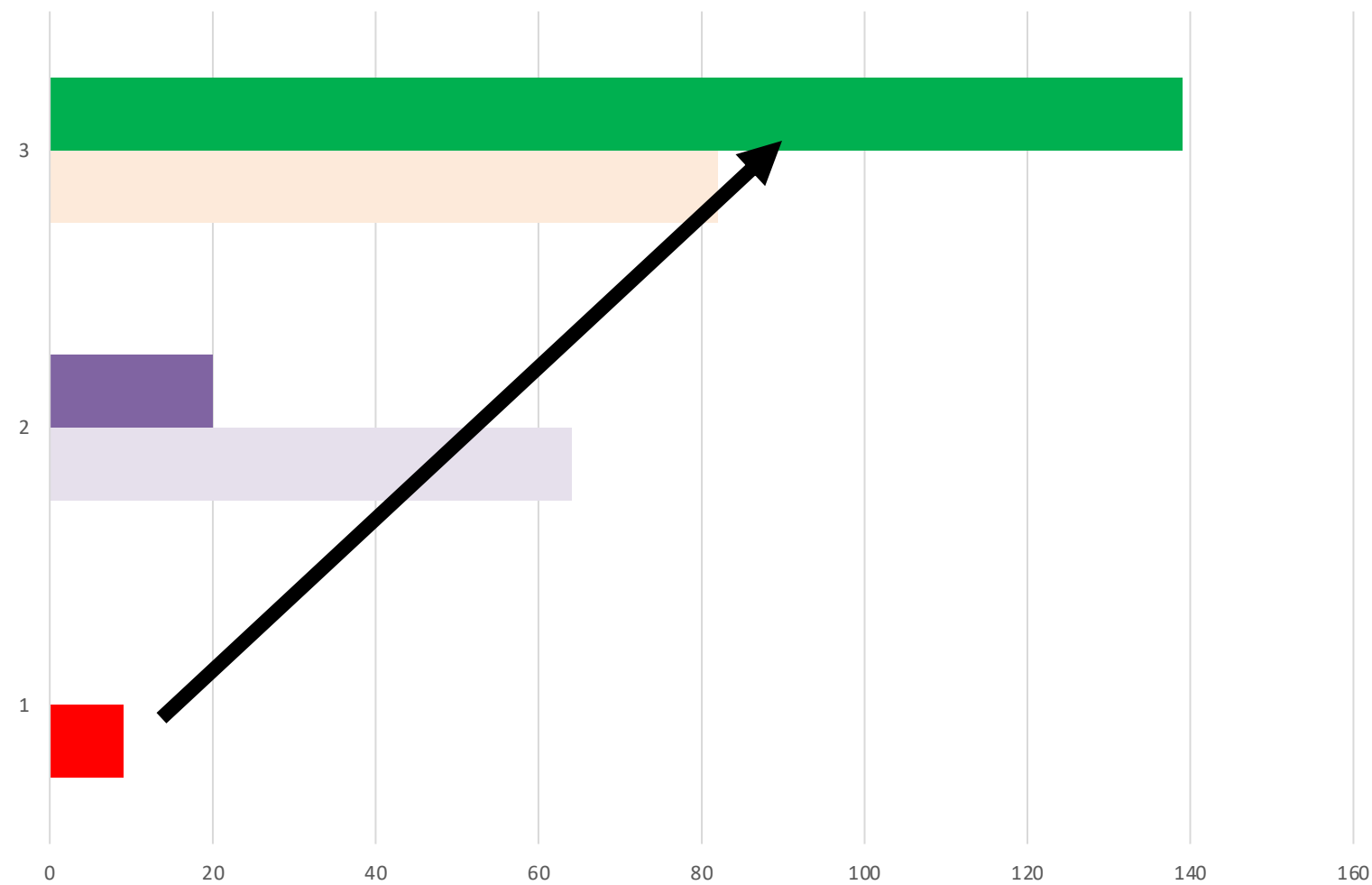


Total number of 27 pupils' answers to all questions

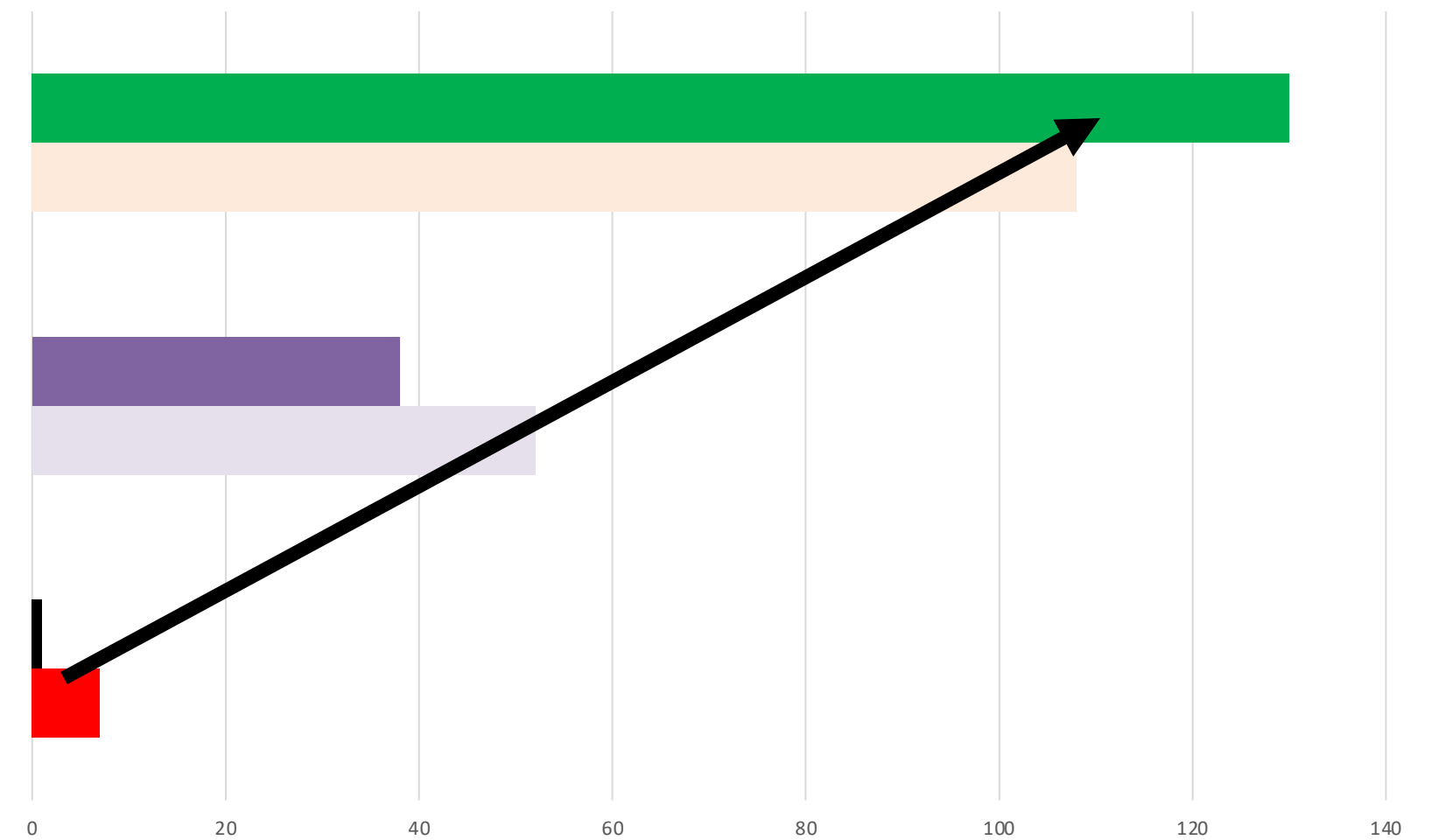
GIRLS V BOYS



Girls



Boys



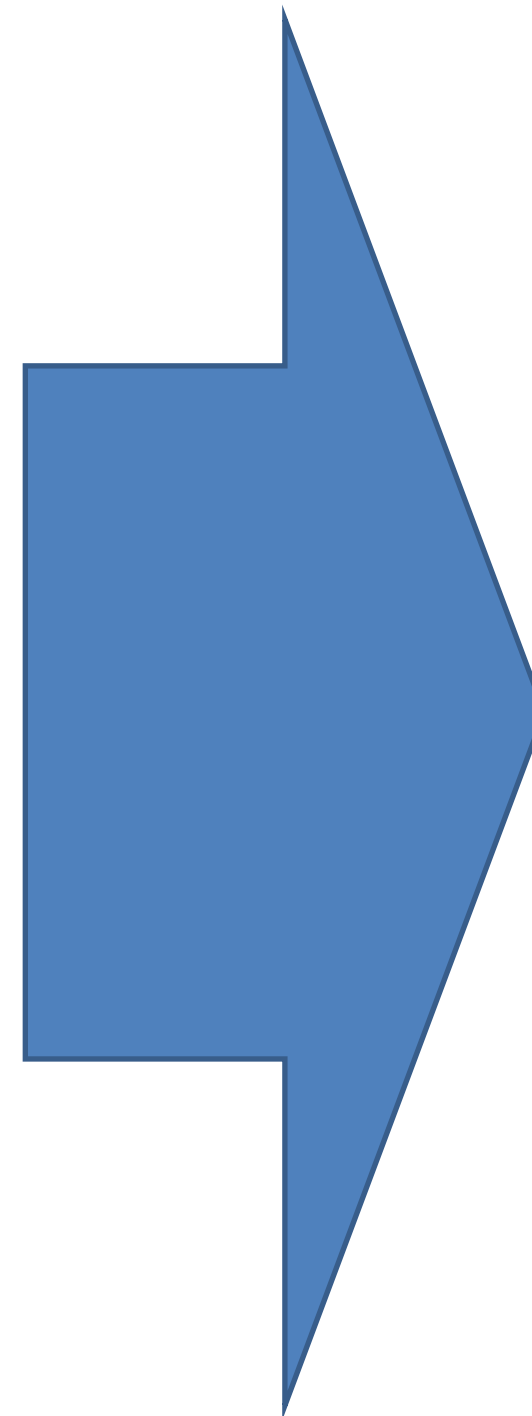
Total number of 13 girls' answers to all questions

Total number of 14 boys' answers to all questions

IMPROVEMENTS IN:



- confidence
- classroom learning
- attendance
- aspiration
- ability to become role models
- adaptability and resilience
- social and communication skills
- citizenship
- commitment to new experiences
- initiative



- Leading playtime activities
- Organising fund-raising
- Helping with sports teams
- Helping at clubs

Information from teachers and headteachers

Quotes from Junior Active Leaders



“I am so excited to be able to lead sports and activity to all the kids at my school. I feel happy to do my job as a Junior Active Leader.”

(Year 6 boy in a Rotherham school with highest obesity and inactivity rates in the country)

“Being a Junior Active Leader helps me to feel confident with others”

(football loving year 5 who is ‘never selected for the team’)

“I love leading the younger children and seeing them enjoy the fun games”

(reluctant year 6 girl with little interest in sport – south Oxfordshire primary school)

“I enjoy leading games because I like seeing the other children smile”

(bright year 6 boy keen to be liked)

TESTIMONIALS



“Fabulous to see the levels of enjoyment and confidence build over the week, and insecurities and inhibitions diminish” *(Deputy head, Oasis Brightstowe, Bristol)*

“Our Active Leaders are leaders and mentors within our school and work on our holiday induction camp. This course has been brilliant for us – we are now in the third year of running it.” *(Director of Sport, Dr Challoner’s, Bucks)*

“The students still mention the week they had - there has been a lasting impression. It has given them direction, contacts and pathways with a means for us of tracking progress.” *(St Greggs Oxford and Active Oxfordshire)*

“We were impressed with the quality and content of the programme. The demonstration of emotional intelligence was excellent. The feedback given at the end of the programme was of a really good quality.” *(Dr Challoner’s Grammar School parents’ sports strategy committee)*

“I would highly recommend Junior Active Leaders. My son has just finished the Junior Active Leaders Summer Camp. He had so much fun and learnt so many amazing new skills.” *(Parent)*

“This is especially important in the rounded development of each of our pupils, helping them grow in independence, confidence and skills.” *(Headteachers Rotherham schools)*

“A transformational programme for our pupils and something we have been looking for, for a long time.” *(Headteacher, Sonning Common Primary School)*

CONTACT US



www.activeleaders.co.uk

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