



DEVELOPING YOUNG PEOPLE AND COMMUNITY ORGANISATIONS





Our interventions serve as a powerful catalyst for empowerment, personal growth, and community integration for children and young people facing various challenges.

We aspire to enrich lives through personal development, attainment of qualifications, and positive experience, ultimately contributing to a more inclusive and thriving society.

Purpose

Our purpose is to use sport & physical activity to make people Healthier, Happier and More Successful

Vision

To create active, connected and enriched individuals who are capable of, and empowered to improve their lives and their community through sport without barriers.

Mission

To leverage the unifying power of sport to create a positive social impact to improve the lives of individuals and communities through the benefits of physical activity, social connection, and personal development, especially those experiencing disadvantage.

We strive to eliminate barriers, ensuring that everyone has the opportunity to participate, benefit and achieve, ultimately creating a more inclusive and thriving society.



We use Sport & Activity to focus on one or more of our core outcomes

Physical Health

Mental Wellbeing

Social Connection

Enriching Activities

Community Development

Employment and Skills

Delivered through

Creating Young Leaders

By investing in youth programs, organisations can develop essential skills in their participants, enhancing activity levels but also cultivating leadership, teamwork, and communication skills, preparing them to become future volunteers and coaches. This investment ensures the organisations long-term sustainability by creating a pipeline of dedicated individuals who will contribute to future growth and success.

Developing existing staff

In today's dynamic landscape, community organisations thrive with a versatile and skilled workforce. Investing in bespoke support to cultivate these skills is crucial. Tailored training and development programs empower staff to adapt to evolving community needs, enhance service delivery, and maximise impact. This investment not only boosts individual capabilities but also strengthens the organisation overall.

Whole Organisation Approach

In today's complex world, community organisations thrive on effective leadership. Investing in a collaborative and communicative leadership team is crucial for success. A united leadership front, where ideas are shared openly and decisions are made collectively, empowers organisations to navigate challenges, secure funding, and inspire community engagement.

Supporting young peoples' development off the pitch is a win-win for everyone!

When young athletes explore other interests and skills, they return to the game with renewed **focus, creativity, and leadership** qualities.

These well-rounded individuals become **stronger teammates** and **valuable assets to your organisation**. Plus, encouraging players to volunteer creates a **culture of giving back**, strengthens **community bonds**, and ensures **future success**.

JUNIOR FOOTBALL LEADERS



The Junior Football leaders award helps young people aged 12+ to take their first steps into becoming a volunteer as a referee or coach. By developing key skills, organisations are enabled to create sustainable workforce pathways.

Learning Outcomes

- Developing skills as a coach.
- Increased awareness of careers in football.
- Preparation and planning for activities and tournaments.
- Safety considerations for sessions and activities.
- Introduction to refereeing.

YOUNG PEOPLE 12+



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



CIMSPA
ALIGNED

YOUTH SPORT LEADERS AWARD



The youth sport leaders award helps young people aged 12+ to take their first steps into becoming a volunteer as a young leader when interested in different sports. By developing key skills, to plan, manage and evaluate activities.

Learning Outcomes

- Developing skills as a sport leader.
- Essentials of inclusive delivery.
- Understanding careers in sport.
- Safety considerations for sessions and activities.
- Designing activities.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



CIMSPA
ALIGNED

YOUNG PEOPLE 12+

ACTIVITY ESSENTIALS FOR DELIVERY

This workshop is designed to equip young volunteers with essential knowledge and skills to deliver safe, inclusive, and effective sports activities. Participants will gain a wide variety of games that they can take back to their environment.

Learning Outcomes

- Understand the fundamental principles of sports coaching and leadership.
- Identify key safety considerations.
- Develop effective communication and motivational techniques.
- Plan and deliver engaging and inclusive sports sessions.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

YOUNG PEOPLE 11+

INTRODUCTION TO COACHING MULTISPORT



Designed to equip participants with the knowledge and skills necessary to deliver multi-sport sessions, this award will enhance participants' ability to plan, organise, and deliver diverse sports activities, fostering a love of sport and physical activity among young people.

Learning Outcomes

- Implement safe practices and risk assessments in multi-sport settings.
- Adapt activities to suit different environments and resources.
- Understand the importance of inclusivity and diversity in sports participation.
- Develop effective leadership skills to motivate and inspire others.
- Design and deliver engaging multi-sport sessions.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



CIMSPA
ALIGNED

YOUNG PEOPLE 12+

MULTISPORT BOLT-ONS

Add sport specific principals, practices and rules to the Multisport coaching awards to enhance the knowledge of your volunteers.

Sports Bolt-ons include

- Football
- Hockey
- Dodgeball
- Basketball

Ideal for holiday camps and weekly sessions!

YOUNG PEOPLE 15+

INTRODUCTION TO TRAUMA INFORMED PRACTICE

The workshop explores Adverse Childhood Experiences (ACEs), the impact on young people and their behaviour. Learners will be equipped to understand role in using sport to build resilience and start to think about how to build a 'Trauma Informed approach' in their coaching.

Learning Outcomes

- An understanding of Adverse Childhood Experiences (ACEs).
- An understanding of the short & longer term impact ACEs.
- An understanding of the stress response and impact on the body.
- Understanding our role as a coach and using sport as a tool.
- Starting to think about how to take a 'Trauma Informed approach'.



AVAILABLE
ONLINE



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

BEHAVIOUR MANAGEMENT STRATEGIES

This workshop is designed to provide practical strategies and techniques to effectively manage challenging behaviour in a variety of settings. Participants will learn how to identify the root causes of difficult behaviour, implement de-escalation tactics, and establish positive relationships with individuals exhibiting challenging behaviours.

Learning Outcomes

- Understand how to use positive engagement to address behaviour.
- Understand what the causes and triggers of behaviour and build prevention strategies.
- Be confident to enable you to take ownership and effectively manage behaviour.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

STAFF

INCLUSION ACTIVITY AWARD



This workshop will equip participants with the knowledge and skills necessary to create inclusive and welcoming environments within their activities. It will explore strategies for identifying and addressing barriers to participation, promoting diversity and equality, and fostering a sense of belonging for all individuals.

Learning Outcomes

- Identify and challenge biases and stereotypes that may hinder inclusion.
- Recognise the diverse needs and experiences of participants.
- Develop inclusive practices to ensure equitable access and participation.
- Implement strategies to create a positive and supportive learning environment.
- Foster a culture of respect and understanding among participants..



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



CIMSPA
CPD

AWARD IN MULTISPORT COACHING



This qualification is designed to equip individuals with the skills and knowledge to deliver engaging and effective multi-skills sessions. Suitable for volunteers and coaches who work in multi ability settings and provide sport and fun physical activity experiences. This award is mapped across CIMSPA Coaches Professional Standard.

Learning Outcomes

- Delivery Principles- Safe / Fun / Engaging / Inclusive.
- Skills and Techniques to Play.
- Multisport Skills and Techniques for Play.
- Inclusion and Differentiation in delivery.
- Multisport Adapted Games.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



9 HOURS



CIMSPA
CPD

STAFF

DEVELOPING YOUTH VOLUNTEERS

This workshop is designed to equip participants with the skills and knowledge necessary to effectively recruit, train, and support youth volunteers. Participants will learn how to create engaging volunteer opportunities, provide effective training, and foster a positive volunteer experience. The content will support Coaches, Youth Workers, Teachers and existing Volunteers interested in developing youth volunteer programs.

Learning Outcomes

- Understand the importance of youth volunteering and its impact on communities.
- Develop strategies for recruiting and retaining youth volunteers.
- Design effective training programs for youth volunteers.
- Provide ongoing support and recognition to youth volunteers.
- Create a positive and inclusive volunteer environment.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

YOUTH VOICE AND CO-CREATION

This workshop empowers participants to amplify youth voices and foster collaborative decision-making. By exploring co-creation principles and practical techniques, you'll gain the skills to involve young people meaningfully in planning, implementing, and evaluating projects and initiatives.

Learning Outcomes

- Understand the importance of youth voice and its impact on program effectiveness.
- Develop strategies for actively listening to and engaging with young people.
- Learn practical co-creation techniques to involve youth in decision-making processes.
- Gain confidence in facilitating youth-led initiatives.
- Develop skills to build trust and rapport with young people.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



PERSONAL
DEVELOPMENT

ORGANISATION

ADAPTING TO MOMENTS OF WORK

This workshop will equip participants with the essential skills to navigate the dynamic and ever-changing landscape of modern work. Through interactive exercises and practical strategies, participants will learn how to effectively adapt to the "moment of work," seamlessly transitioning between leadership and followership roles.

Learning Outcomes

- Understanding of their own strengths, weaknesses, and leadership style.
- They will learn to identify different leadership styles and apply them appropriately to various work situations.
- They will learn to embrace change, adapt to new challenges, and maintain a positive mindset in the face of uncertainty.
- Participants will enhance their communication and collaboration skills, fostering strong relationships with colleagues and stakeholders.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



PERSONAL
DEVELOPMENT

CREATING AN EFFECTIVE TEAM

This work helps individuals, teams, and organisations become more effective and connected by revealing personality preferences and working styles. It measures behavioural preferences, providing nuanced insights into how people behave. This awareness helps individuals identify strengths and blind spots, improve communication and collaboration, and build stronger relationships. For teams, it facilitates understanding and appreciation of differences, increasing cohesion and performance. Organisations can leverage it to enhance leadership development, talent management, and effectiveness.

Outcomes

- Improved understanding of individual communication styles and preferences.
- Enhanced understanding of individual strengths and working styles, leading to better task allocation, smoother workflows, and increased synergy.
- Increased Team Cohesion from recognising and valuing individual difference.
- Improved Team Performance from better communication, collaboration, and cohesion.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



BESPOKE



PERSONAL
DEVELOPMENT

ORGANISATION

HAVE AN EVENT, CAMP OR CELEBRATION DAY?

MAKE MEMORIES THAT MATTER AND GIVE YOUR YOUNG LEADERS THE OPPORTUNITY TO HELP

HIRE OUR AWESOME INFLATABLE GAMES TO ADD SOMETHING NEW TO THE OCCASION.

CAN BE HIRED INDIVIDUALLY OR IN ANY COMBINATION.



BUBBLE FOOTBALL



SUPER SHOOTER



HOOP SHOT



FOOTDARTS



CONTACT US



@Sports.4.Change



Sports 4 Change C.I.C



@Sports 4 Change



Enquiries@sports4change.co.uk



www.Sports4Change.co.uk

**YOU CAN CONTACT US BY
SCANNING HERE**

