

Hi,

My name's Emma and I am the delivery manager for Inner Flame. Today, I am going to explain to you who Inner Flame works with, and the courses we currently offer.

Who

Inner Flame works with 16-25 year olds who, may feel their anxiety gets in the way of the things they want to do, may be having a hard time job hunting, question what their future is going to look like, need a confidence boost or are generally feeling stuck.

Landing Page

We currently offer 3 different courses for young people in Swindon and across Wiltshire. Each young person is in control of their own journey. Some will start with Manage anxiety your way, progress onto achieve and then complete Team. Others might jump straight to team or only complete achieve. The route is based on where the young person is and their current needs. All our courses are free.

Manage Anxiety Your Way (MAYW)

Manage anxiety your way, is an online course, that is designed to guide young people whilst they make a personal toolkit of skills, coping strategies and methods that allow them to take back the reins of their anxiety. The course is 8 weeks long, part time and will have a maximum of 8 likeminded individuals on each course. There is the option for a young person to come into our office to attend the course and we can provide laptops for the duration of the course if needed. After completing the course, they can join a fortnightly catch up with other ex-participants to maintain the friendships, and continue to grow their toolkit. As long as the young person is 16-25 and feels they have anxiety whether diagnosed or not, the young person will be eligible for this course.

Landing Page

From Manage Anxiety, or as another starting point the young person can complete our course Achieve.

Achieve

Achieve is a Prince's Trust programme that focuses on making friends, building communication and interpersonal skills, life skills such as money management and has a brief covering on what skills might be needed whilst in employment. Achieve is an experiential programme filled with activities to keep the young people active and engaged. The course lasts 10 working days, spanning two/three weeks depending on which day the course starts. A small group of young people allows a lot of personal growth without the pressure of a large group. At the end of the course the young people are awarded a nationally recognised qualification of an Award in Personal Development and Employability Skills. You cannot be in education to attend the Achieve programme.

Landing Page

Many young people go from our Achieve programme onto the Team programme, but it is not a necessary step, although they will know some faces if they do Achieve first.

Team

Team is a Prince's Trust programme that focuses on employability whilst having a secondary focus on teamwork, communication, confidence and personal development. It is a 12 week full time course. The first week is a gentle introduction with lots of team building and ice breakers. The course contains a 4 day residential programme to challenge, stretch and build connections with the other young people. There is also a community project where the young people will give to the community, two weeks of work experience in an area the young people are interested in, CV workshops and mock interviews and a final presentation where the young people get to celebrate their successes. At the end of the course the young people are awarded a nationally recognised qualification of a certificate in Employability, Teamwork and Community skills. As with Achieve, you cannot be in education to attend the Team programme.

Landing Page

That is an overview of our courses, if you want to know more, have someone in mind for our courses or have any questions, please get in touch.

Contact

There are a few ways to contact us:

Email us at progress@innerflame.org.uk, phone us on 07729837501 or have a look at our website www.innerflame.org.uk

Landing Page

Thank you for watching, we hope to hear from you soon.