

The Health & Wellbeing Board

Summary Report
2022-2023

Overview

Over the 2022/23 academic year, Education Business Partnership (EBP) delivered 12 Developing Life Skills workshops on behalf of the Health and Wellbeing Board working with approximately 250 students.

Our Developing Life Skills programme aims to support and develop young people who would benefit from a little reinforcement to recognise their own strengths and abilities. By the end of the programme students have greater self-esteem, increased confidence and social and communication skills. The programme is also designed to increase students' motivation and encourage them to stay on track with their studies.

Details of the 8 workshops is provided in the table below.

School	Date	Year Group	Student Numbers
John O'Gaunt School	23 rd September 2022	10	20
Park House School	8 th March 2023	10	20
St Bartholomew's School	27 th March 2023	11	20
The Downs School (2 streams)	3 rd May 2023	9	40
The Downs School (2 streams)	4 th May 2023	10	40
iCollege	25 th May 2023	10	20
Mary Hare School	28 th June 2023	12	20
Little Heath School (2 streams)	7 th July 2023	10	50
Kennet School	17 th July 2023	10	20

Summary of Impact of Developing Life Skills

Developing Life Skills workshops have been integral in school programming this year and has been gratefully received by schools. The workshops provide a safe space for students to further develop critical thinking, problem-solving skills and creativity. School staff and student comments reflect on the workshops ability to improve engagement and allow them to express themselves in unique yet supported way.

The workshops allow for self expression and a means to connect with others particularly in the turbulent time post pandemic where social skills and confidence were marred in many children's lives.

Developing Life Skills provides a much-needed reality check as to what could happen if we cooperated. The workshops are where imagination and knowledge meet and support social interactions and promote positive mental health and well-being.

Repeatedly the feedback from staff and students states the need for Developing Life Skills as a mean to build confidence, develop decision-making skills and promote resilience and focus.

Feedback

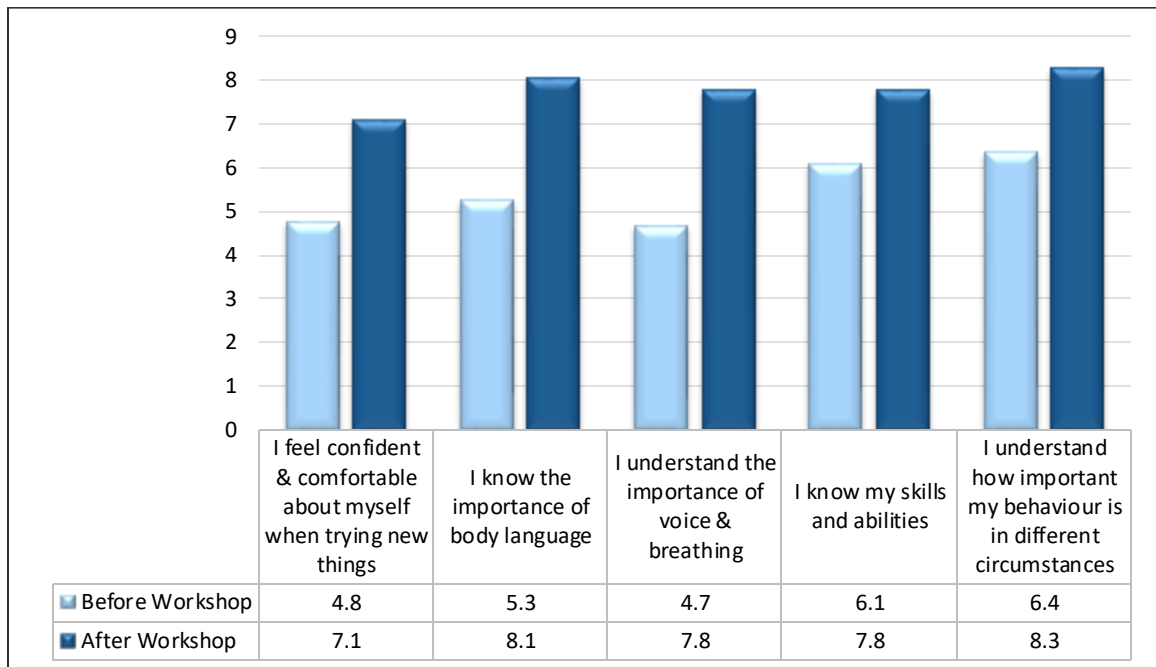
For all Developing Life Skills workshops, evaluation forms are taken for the students and teachers to complete. The feedback received from these workshops is vital to EBP to ensure we are delivering the best content to the students. It also allows us to develop and strengthen these events for the future.

The following tables and analysis highlight the key statistics and feedback provided by students and teachers for workshops delivered this academic year.

Student Feedback

Knowledge levels

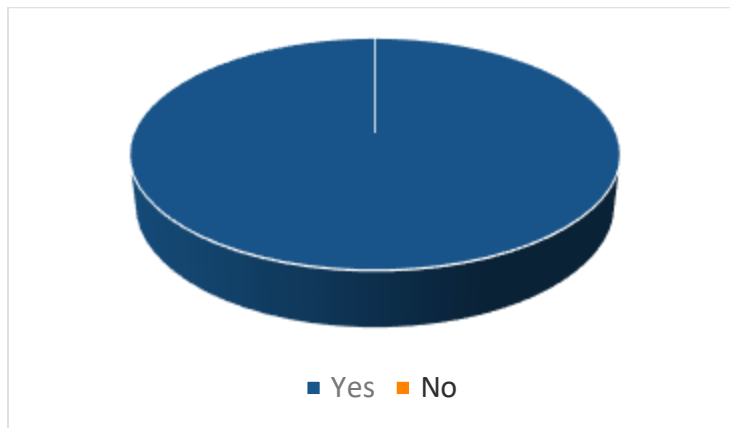
(Score where 1 = lowest/worse to 10 = highest/best)



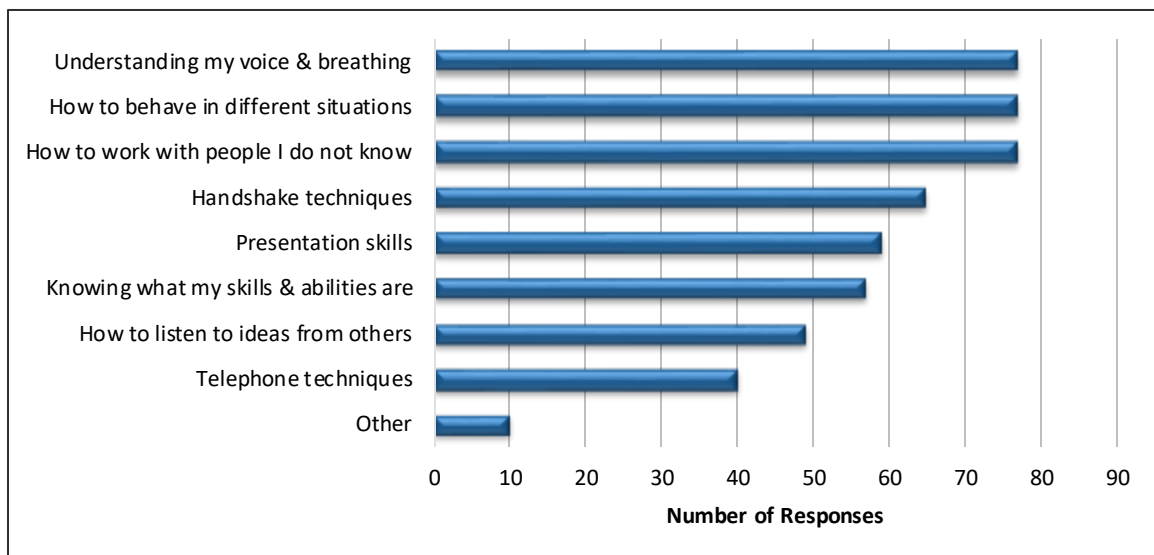
Highlights

- 89% of students said they felt more confident and comfortable about themselves when trying new things after taking part
- 88% of students said they had increased their understanding of the importance of body language
- 91% of students said they had increased their understanding of the importance of voice and breathing in an interview
- 64% of students said they could better identify their skills and abilities
- 73% of students said they had increased their understanding of how important their behaviour is in different circumstances

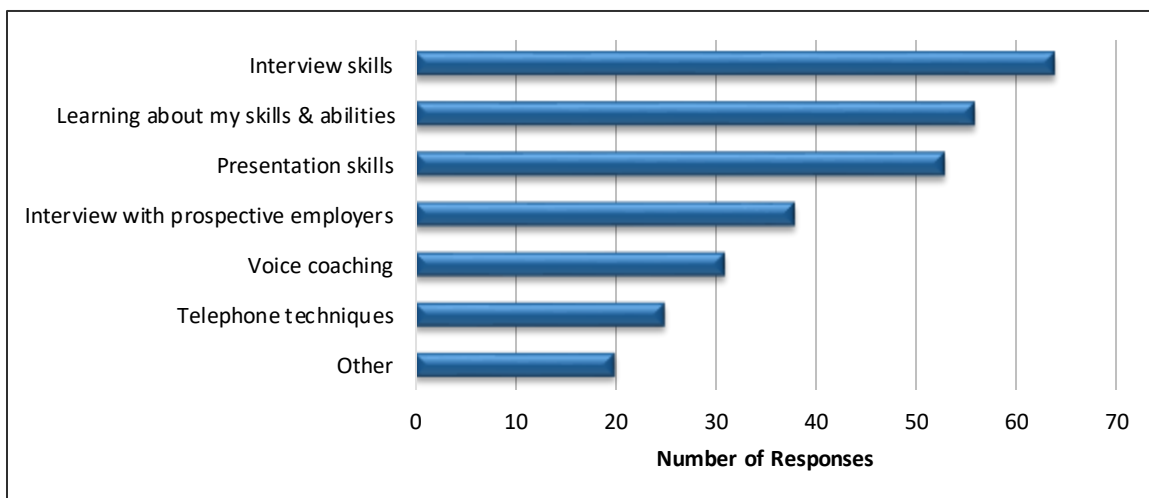
Did you find the programme valuable?



What were the most important things you have learnt from this programme?



What did you enjoy the most about today?



If you had to sum up your experience in a sentence, what would it be?

- It was incredibly helpful and boosted my confidence
- Fun time doing things I thought I would never do
- An educative workshop that helps inform important information
- I found the workshop really helpful because I can identify my skills
- Enjoyable, fun and exciting
- An enjoyable experience
- It was a great experience and I learnt valuable lessons
- I found it enjoyable and fun to learn new skills and other important things
- Super fun and helpful!
- Very positive experience, and it really made me feel included and supported
- Very fun and interactive
- Very informative and helpful - I now know how to carry myself in difficult situations
- It helped with being confident even with people I know
- Really fun. Good day and allowed me to understand skills and techniques in the work place and interviews
- Very useful for the future and helped me come out of my personal bubble with people I don't know
- Absolutely amazing, learnt so much - I would love to do it again
- It's very helpful experience and I helps me to improve for the next step
- Helped me to understand myself and gave me confidence. Thanks!

Teacher Feedback

How much do you think students benefited from this event?

Average score 9.6/10

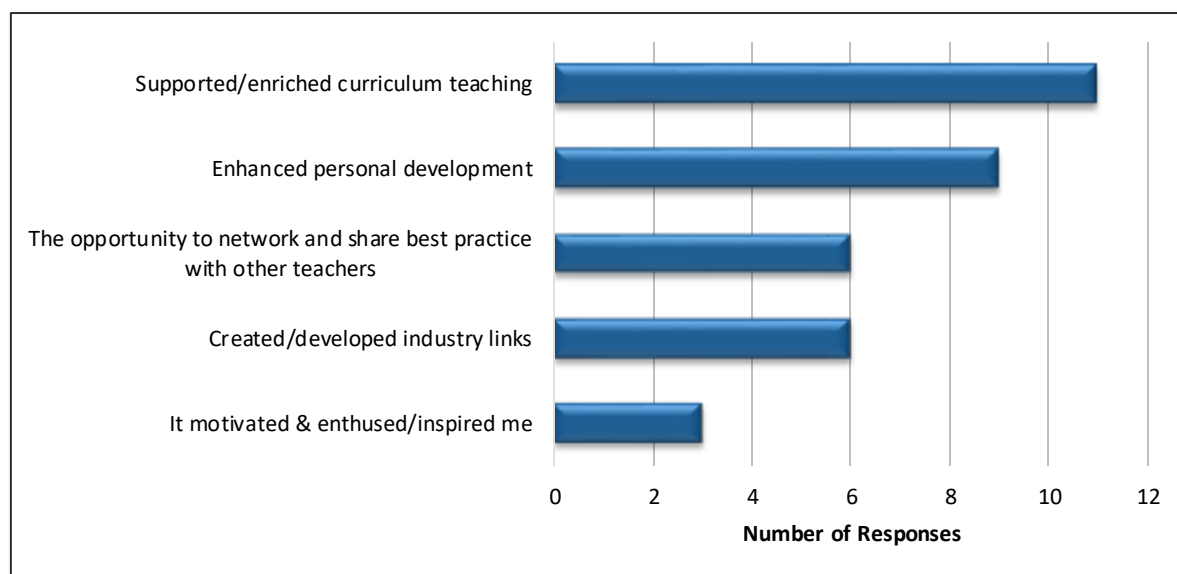
How good did you think the organisations were that attended?

Average score 9.9/10

How good was the information given to you for this event?

Average score 8.9/10

What benefit did you get out of helping today?



What was the students' biggest learning point?

- Good for students to learn interview technique in terms of the basics like body language and polite conversation
- Confidence, teamwork, voice control and projection, communication. Leadership skills for some
- Confidence. Some of the students are generally very shy in those kind of situations
- I only attended part of the final hour but I was very impressed with how confident the students were - I couldn't believe some of the speeches they made!
- Students to interact with other students who they do not know. Team work. Gaining confidence and boosting their self esteem
- Understanding how the way they speak and body language can tell a story about them and create an impression to the people observing them. Learning some techniques to help them show a different story in situations such as an interview
- That it's ok to feel anxious and nervous at times but to have the skills to be able to show confidence through the session
- Taking part isn't as scary as they thought it would be. Scariest part is the first step.
- To overcome their embarrassment and enjoy themselves
- Loosening up, not taking themselves too seriously, then just getting involved.

Would you like to take part in this event again?

100% of teachers said “yes”

Comments

- Brilliant, engaging, interactive session that will bring students out of their shell! Great fun, and important life skills learnt
- I would highly recommend this workshop for any student needing a confidence boost. It was excellent
- Fabulous & great fun. After the first step you won't want to stop.
- This is the third time I've taken part and I have really enjoyed it every time
- We love you and this event, it really is the best of the year.
- Leaders very positive and enthusiastic - encouraged all to be involved
- Very enthusiastic presenters
- Great day! Well organised
- Brilliant session. The facilities have a knack of making the students totally at ease. The students were engaged from start to finish and hugely benefitted from this session
- Students were engaged and very keen to learn and gain new skills. All thanks to the excellent group leaders!
- Heidi was enthusiastic and passionate throughout. The event was highly engaging for students
- The students stepped out of their comfort zone and challenged themselves brilliantly
- Really helped our students to engage with each other, using skills that they already have, but may not have used them previously. Great opportunity

www.educationbusinesspartnership.co.uk



Shaw House
Church Road
Newbury
Berkshire
RG14 2DR
Phone: 01635 279277
info@ebpwb.co.uk