

THE RISE

PROJECT

Youth Elements



Opportunities to aspire

Raising Individual Self Esteem

The Rise project is an Accredited Personal Resilience Programme for young people. The workshops and sessions within the project give young people the opportunity to build and develop skills such as

- Self-esteem and Confidence
- Motivation and aspirations
- Team Work
- Positive "can do" attitude
- Ability to recognise and respond to pressure

Age Groups

Junior

10 - 12 yrs

Senior

13 - 18 yrs

Includes Celebratory Team Away Day to



Contact

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BBC
**Children
in Need**