THE JOURNEY OF A YOUNG PERSON

Away from home, they meet new people, work with others in a team, and are supported by their instructor.

The experience of trying new things and being challenged builds confidence and helps develop new skills and behaviours.

Outward Bound.

Back at home and school/college, these new skills help make them more focused and able to cope with challenges.

The skills they developed at Outward Bound help them to flourish and thrive throughout their life.

They become more confident in their relationships with others and are better able to communicate ideas or concerns.

They are more engaged in their learning, have higher aspirations and are better prepared for employment.

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Higher Education, Apprenticeships, Employment.

Education.

Apprenticeships.

The future.

Employment.

Home.

School.

I'm afraid of failing.
I'm worried about what people think about me.
I don't know how to handle my workload.
I don't know what I am good at.

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