



# Young Leaders Programme

for Young People with High Learning Potential



## The Problem

Young people with high learning potential tell us:

- ✚ People at school and in our communities don't understand high learning potential – we want things to be better.
- ✚ We want to feel proud and confident – we want to meet other young people with high learning potential who share our experiences.

All too often young people with high learning potential don't get the chance to make change happen.

## Our Solution

We are running a Young Leaders Programme



- ✚ You will pick a problem you want to solve for yourself and for other young people with high learning potential.
- ✚ We will support you to design your own solutions and to develop skills and confidence to lead powerful change.

## What happens on the programme?



We will support you to choose practical projects you want to lead in small groups to make change happen for young people with high learning potential.

### January - February 2024 4 days of training (on weekends)

Face-to-face training sessions to learn creative tools for managing change and problem solving.



### March - June 2024 Learning through action

Learning new skills and confidence by working on these projects with support.

#### Fortnightly peer support sessions

We will all meet fortnightly online to support each other. We will share ideas and learning; problem solve; practise change tools and techniques together; and develop collective strength from sharing our challenges and triumphs.

### June 2024 Reviewing our progress

We will spend a final two days together (face-to-face weekend sessions). We will think about what we have learned, plan what we want to do next, and tell Potential Plus UK how they can better support young people in the future.



We can negotiate dates of workshops with the group once it has been established – we will try to work around as many people's commitments and needs as possible.

## What kinds of change projects might you work on?

That's up to you...but we will help you to come up with ideas and to think about what you are passionate about changing.

Here are some ideas some people have suggested to us before...but you will have the final say on what you work on!



Setting up a Young People's Panel at Potential Plus UK.



Designing new social activities for young people for Potential Plus UK to run.



Setting up neurodiversity pride groups at school.



Running a campaign to raise awareness about the needs and issues of young people with high learning potential.

## Making sure you can succeed

### Access needs



We know that some of you have barriers to taking part in programmes like this. Maybe new groups and activities make you very anxious; you find it hard to concentrate or get bored easily; you need time to process new information or need information in different formats.

That's OK – we will ask you more about what you need to make the sessions comfortable and positive before we start.

## Strengths based support



Alex Hendra, the facilitator running the programme, is neurodivergent herself and the parent of a teenager with high learning potential. She has run lots of leadership programmes for high learning potential, neurodivergent or Disabled people. Alex will focus on you developing stronger pride and confidence in your strengths and your lived experience. She will help you to find creative solutions to barriers which get in the way of you achieving your goals.

## Support with costs

We don't want travel or accommodation costs to stop you from taking part. If you are entitled to free school meals, please ask us how we can help.

## Interested in applying?

Open to young people with high learning potential who are aged 13-19.

Exceptions can be made outside this age-range – please talk to us.

For an application pack, please contact Olivia Smith, Deputy CEO

[olivia.smith@potentialplusuk.org](mailto:olivia.smith@potentialplusuk.org)

Note: we accept applications in different formats (eg. video/audio recordings).

Return your completed application to Olivia by **Monday 11<sup>th</sup> December 2023**

## Still a bit unsure?

If you want to discuss the programme more before applying, please get in contact with Olivia. [olivia.smith@potentialplusuk.org](mailto:olivia.smith@potentialplusuk.org)

If you would love to be on a young leaders' programme but this one doesn't sound right for you, we would also love to hear from you – tell us what puts you off so that we can design better programmes in the future.