

SoHK Scotland – Back in the Game

Our Course & Impact





Life is an uneven playing field We help level it out

The constant factor in all our work is our methodology – controlled confrontation, challenging activities and a constant affirmation of self-worth and motivation.

Who We Are:

School of Hard Knocks deliver life-changing programmes across the UK. We change the lives of children and adults using sport and exercise to tackle issues surrounding unemployment, crime/behaviour and health. We work with individuals to help them take positive steps forward in the lives. Such as find and sustain employment; and with school children at risk of exclusion to help them reengage with education.

Adult Courses:

Our main beneficiaries are unemployed adults, so we deliver life and employability skills such as goal-setting, anger and fear management, CV-writing and interview preparation. This structure comes together with the aim of enabling participants to find employment and realise their potential.

Our courses are delivered with three distinct phases – The Person, The Mind and The Career. We teach a framework of positive values and behaviours to equip participants for the workplace and for life more generally. Our unique SOHK psychology helps people overcome the barriers that stand in their way.

Schools Programme:

SOHK for schools is a unique three-year intervention that uses rugby/fitness coaching, classroom sessions and mentoring to improve attendance and behaviour at school. Our ultimate aim is to help at-risk children avoid permanent exclusion.

We work with children who are disengaged from education, have poor behaviour or who find school difficult due to difficult personal circumstance. Using SOHK's unique psychology and a values-led approach to teach character and positive attitudes.

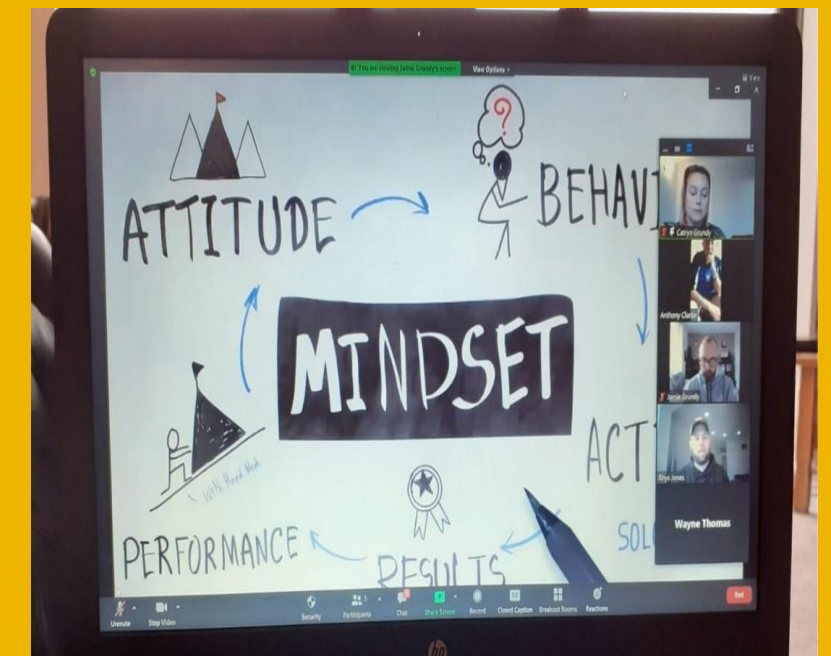
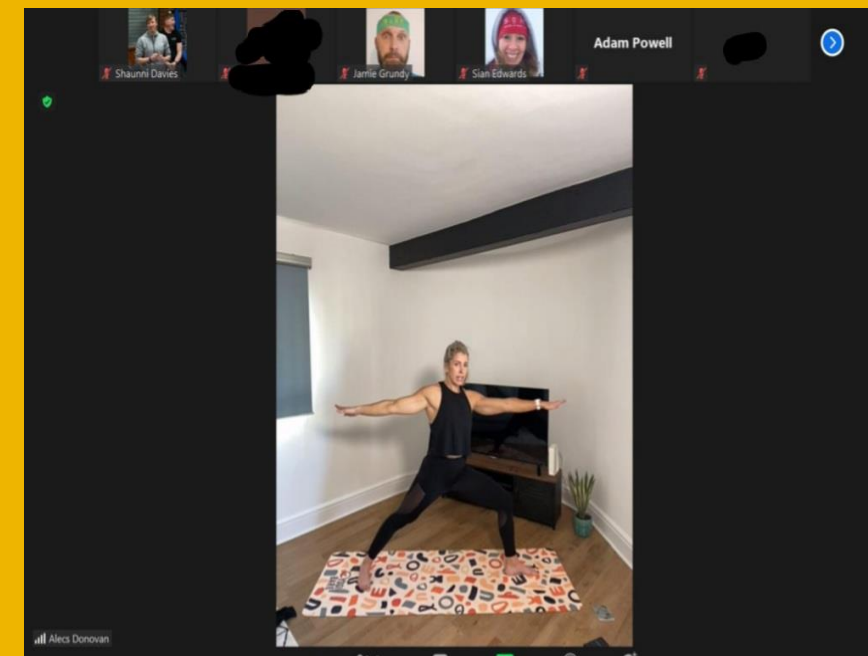
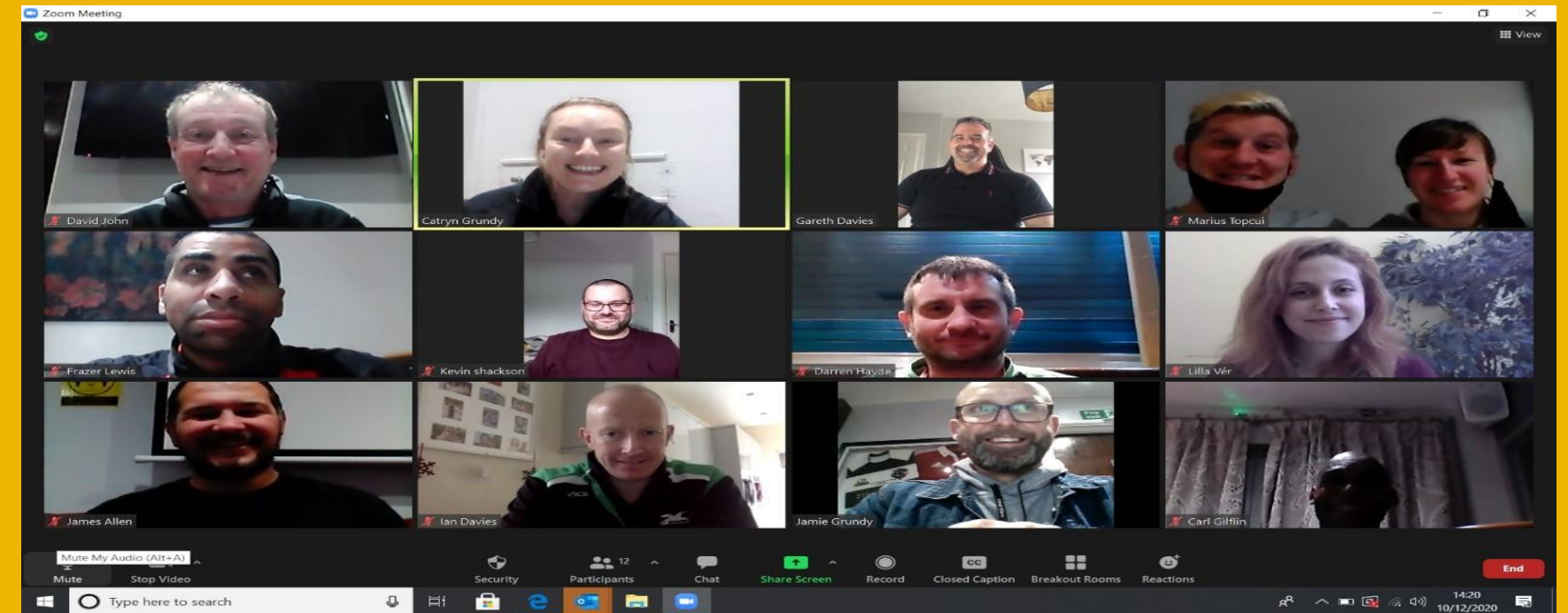
BACK IN THE GAME

As a direct response to the Covid-19 pandemic, School of Hard Knocks have created a shortened, online and high impact version of our standard eight week course. With an urgent focus on re-employment, the SOHK Back in the Game course is delivered every day from Monday to Friday. With each day starting at 9:30am and running till 12pm.

Each course day includes three compact Zoom sessions (live) each morning, with facilitated group work followed by scheduled 1-1 phone calls in the afternoon to support individual needs.

Our aim is to help participants both mentally and practically. We want to help participants get in to a positive state of mind with some helpful strategies to enable growth mindset as they consider possible new sectors and employers. We also want to support participants as they get up to speed on their accelerated journey back in to work. This includes CV re-work, thinking through their online profiles and interview preparation and technique.

The course is done entirely from home. So long as participants have access to Wi-Fi and some means of interacting with the live sessions on a laptop, tablet or even a phone.



BACK IN THE GAME RESULTS

S O H K

SCHOOL OF HARD KNOCKS

The Impact

- Have already enjoyed with 100+ participants since launched in August.
- 76% have reached a positive destination (work, education/training or volunteering) since starting the course despite lockdown and restrictions.
- 35% moved in to work within 2 months of completing the course.
- 86% felt that their employment prospects and 100% feel that the course helped them
- 100% increase in their ability to achieve their goals and 100% increase in their optimism for the future.
- 87% feel more part of a team/community with 100% feeling more confident and cheerful



Who is it for?

- Anyone that is aged 18+
- We have no upper age limit
- You can be on any benefit or even no benefit at all
- You do not need to be fit or active
- Anyone that wants to make a positive change



What will it result in?

- Increased confidence and motivation
- Take personal responsibility for lives and actions
- Learn the value of respect: both of others and yourself
- Realise your own potential
- Improved physical and mental wellbeing
- Long term plan to reengage with employment or education
- A week of fun with sense of belonging and satisfaction

“

School of Hard Knocks helped me to get back on the right path. It made me feel more confident about myself and gave me some much-needed guidance. I was able to use all the skills I learnt from the Back in the Game course to help me get an apprenticeship!”

BACK IN THE GAME PARTICIPANT





Course Details

Starts: 22nd March 2021

Last Day: 26th March 2021

Each morning that week from 9:15am till 12pm

Via Zoom. We will send the meeting details out on Friday
19th March

Daily Structure

09.15 – 09.30	Intros and Check ins
09.30 – 10.05	Physical Session
10.05 – 10.15	Break
10.15 – 10.25	Mindfulness Exercise
10.25 – 11.10	Mind Session (How we think)
11.10 – 11.15	Break
11.15 – 12.00	Future Session (How we can achieve our goals)
Afternoon	1-1s



SoHK – What's Next?

We will be continuing to deliver online courses across all of Scotland in the coming months. The beauty of working virtually is allowing us to reach a wider area that we would normally manage in person. With our next Back in the Game course scheduled for the 22nd March. When restrictions allow we will be delivering our first Clackmannanshire based course in Alloa.

We have been in place delivering our schools programme in Fife and Glasgow for well over 2 years now including online over the pandemic period. Already we are seeing fantastic results and progress across all 4 schools that we deliver in (Lochgelly, Inverkeithing, Glenwood and Springburn).

In the mean time if you wish to learn more about our work, any upcoming courses or have any questions please get in touch:

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