

Impact Programme

Case Studies



Read a selection of our case studies from young people who have participated in our Impact programme and find out how mentoring and social action has developed their skills and made a difference in the local community.

Interested in getting involved? Contact us below!



<https://impactpeopleandchange.co.uk/>



natasha@impactpeopleandchange.co.uk

Alisha

Alisha joined the programme aiming to build her confidence and develop her communication skills while gaining practical experience working within a team. As part of the social action project, she took on the role of project manager, organising group meetings and facilitating discussions. She “learned how to effectively communicate with my group, encouraging others’ input into conversations”.



One of the **most rewarding aspects of the programme for Alisha was delivering the fundraising event and visiting the partnered charity.** She described this experience as particularly meaningful, as it allowed her to see that “our planning and fundraising was worth it and that we had contributed to a good cause.”

Throughout the programme, Alisha demonstrated significant personal growth. She reflected that although she “never saw myself as possessing leadership qualities”, **she was able to step into a leadership role and facilitate group progress.** She also identified speaking at the charity visit without preparation as a key milestone. For Alisha, the programme created opportunity to challenge her self-beliefs and develop confidence by stepping outside of her comfort zone.

Overall, Alisha’s experience highlights the programme’s effectiveness in developing confidence, leadership, and teamwork skills. She aims to continue building on these skills by seeking opportunities that further challenge her and support personal and professional development.

“ I have taken on a leader role where I feel I have developed my organisation and planning skills

Rayba

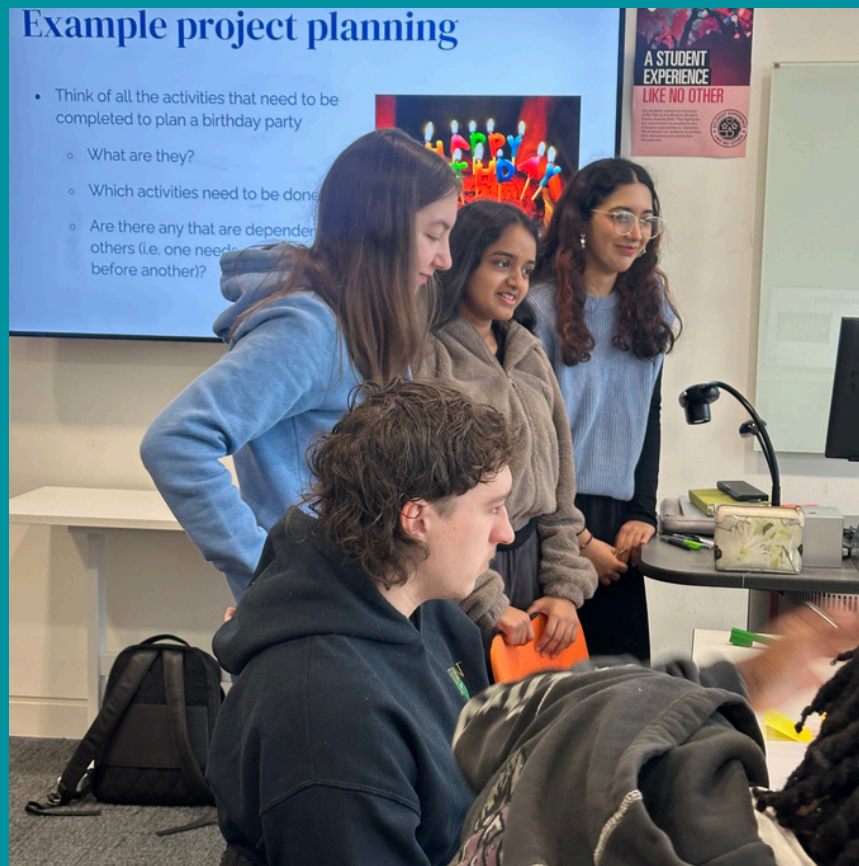


Rayba joined the programme to develop new skills, enhance her career opportunities, and gain practical experience in the world of work.

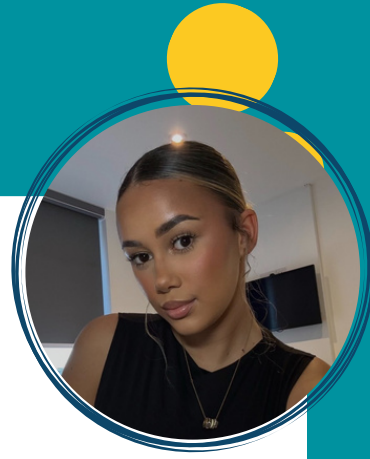
At the start Rayba was enthusiastic about the initiative to support people experiencing homelessness. Although she had ideas for the project, she initially **lacked confidence in sharing them with her team.**

As she became more comfortable, Rayba shared that **“I realised that my ideas could contribute to the group and help move the project forward.”** This shift in mindset helped her to actively participate in team discussions.

Rayba has identified that she developed **key transferable skills**, including communication, organisation, and teamwork. She plans to continue building on these skills in the future



Demi



Demi joined the programme with the goal of improving her confidence and developing her ability to work effectively within a team environment.

She gained **“confidence and skills regarding LinkedIn and how to use it”, enabling her to begin building her professional online presence** and promote her group's project, raising funds via the GoFundMe page.

Additionally, initially hesitant to contribute, she also **developed the ability to “speak in a group and voice my opinion”**, suggesting that the programme was effective in supporting participants to build confidence in group settings.



Esther

Esther joined the programme with the intention of making a positive contribution to her community. From the outset, **she demonstrated a strong sense of purpose**, which was reflected in her commitment throughout the social action project.

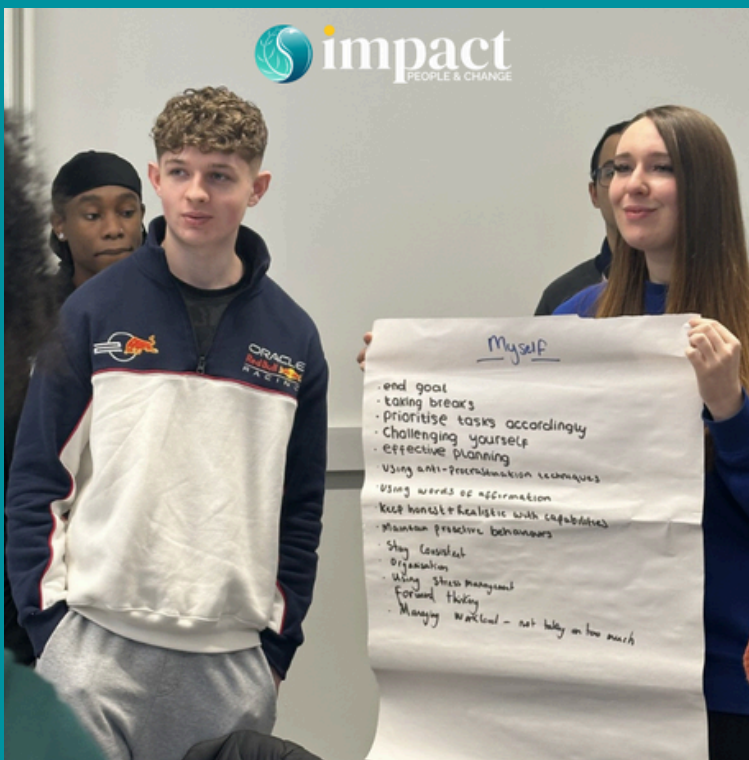
Esther brought a solution-focused mindset when faced with challenges and recognised how collaboration and teamworking skills were essential in achieving shared goals. She is proud of her groups' achievements and remains **highly motivated to make a lasting impact through future community-focused work**.

Lacey



Lacey joined the programme hoping to “engage in mentoring and gain valuable experience”. When Lacey joined the programme she described herself as having “little confidence in herself and imposter syndrome”. **Her desire to support others was fulfilled through her role of Assistant Project Manager** in the social action project.

Lacey was very **engaged and motivated** throughout the whole programme, supporting the whole group when needed. She found this aspect of the programme “rewarding” and hopes to continue “spreading awareness of societal issues in the future”. After taking part in all aspects of the programme, she **found tremendous growth in her “confidence in public speaking” and her “ability to lead a team”**.



Khadiza

Khadiza, a Psychology student, joined the programme hoping to explore a diverse range of career pathways and ways to improve her CV and further develop her skills.



Having attended our skills and social action workshops, Khadiza gained “greater leadership and communication skills”. She took on the role of

Project Manager and encouraged group members to remain motivated throughout the project. Khadiza also used her **marketing skills** to promote and raise awareness of loneliness within the elderly community of Nottingham.

Khadiza was mentored by Gloria, our Mentoring Co-Ordinator, and found the mentoring sessions to have helped her “expand her career options as she understood her creative skills and strengths alongside her leadership skills to be compatible with roles like content creating or project management in the creative sector”. By actively taking part in the LinkedIn Challenge, Khadiza built her profile and **expanded her professional network**. She used LinkedIn to share her learnings, advertise the social action project fundraising and her experiences delivering the game day to the elderly in Good Companions. She also had the opportunity to build her CV and create a **UGC portfolio**.

In terms of next steps, Khadiza is delighted to have **secured a place in Yonsei international summer school** through NTU Global Summer school scholarships. She is “very excited and eager to start the programme” after being encouraged by her mentor to apply for the opportunity. Khadiza will continue to apply the skills learned in the programme into summer school, university and beyond.

“ It was the most fulfilling experience and opportunity no other placement could have offered



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