

BOOST YOUR

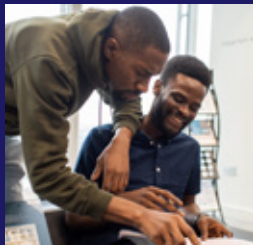


CONFIDENCE



TEAM

THE 12-WEEK TEAM PROGRAMME



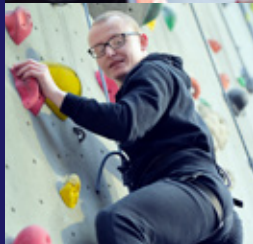
Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal, and there'll be plenty of activities, so you'll soon feel part of things.



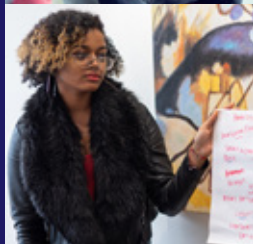
Week 1: Plan ahead

You'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications. You'll also likely to be planning for your residential trip.



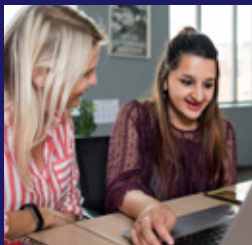
Week 2: A new adventure

You're likely to spend part of this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!



Weeks 3-6: Something to talk about

You'll decide on a project to benefit your local community as a team and will carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.



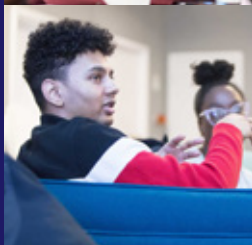
Weeks 7-8: Work placements

This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.



Week 9: Future steps

It's time to plan your next steps after the programme. You'll get help to write a fantastic CV, practise your interview skills and make applications.



Weeks 10-11: Meet the challenge

You and your team will take on a challenge to help others in the community. This is when you get to test out all the skills you'll have worked on so far.



Week 12: Have your say

You'll deliver a presentation, with your team, to an invited audience during this final week. This is your chance to show off the talents you've discovered! This may sound scary now but, after 12 weeks on Team, you'll be surprised at how far you've come.

THERE ARE LOTS OF BENEFITS TO JOINING TEAM

- Uncover your hidden talents and improve your confidence
- Gain new qualifications
- Develop your English and Maths skills
- Mix with new people and make friends
- It won't cost you anything and you won't lose your benefits

3^{IN}4

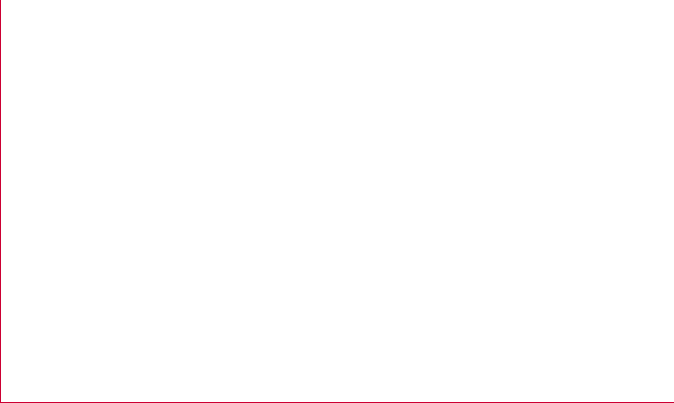
people who complete
our courses go into work,
education or training.



Don't miss out. Sign up to the next Team programme today.

Check out when your local Team starts – visit kingstrust.org.uk/team or call free on 0800 842 842.

FOR MORE INFORMATION,
PLEASE CONTACT:



Or call free on 0800 842 842 or visit
kingstrust.org.uk/team
to find out when your nearest Team starts.



DSN 6953 © The King's Trust 2025 – all rights reserved. The King's Trust is a registered charity incorporated by Royal Charter in England. Registered number RC000772. Registered office: The King's Trust The King's Trust South London Centre 8 Glade Path London SE1 8EG. Registered charity number in England and Wales: 1079675 and Scotland: SC041198.