

STEP ON

In partnership
with:



Step On is a personal development programme for 16–19-year-olds, delivered by LinkLiving, in partnership with Raith Rovers Community Foundation.

Participants will have the opportunity to work on self-development, improve mental health and wellbeing and gain employability skills with the help of a dedicated project worker.



The course is split into three aspects:

Personal development

- Building confidence and resilience
- Skills for life
- Access to SCQF Qualifications (Including Personal Development Award)

Pre-employability Support

- Employability Skills
- CV Workshops
- Support with applications
- Interview techniques
- SCQF Employability Award


Mental Health and Resilience

- A range of interactive workshops
- Positive coping techniques
- Physical activity through football and other sports
- Coaching and Leadership Skills with Raith Rovers CF

Group work will be held at **West Bridge Mill and Starks Park, Kirkcaldy** every Monday, Tuesday and Thursday from 10am - 3pm.

One to one employability support will be offered to participants on Fridays. All sessions are fun and interactive to allow young people to develop themselves and work on their strengths. Lunch and refreshments will be provided throughout.

If you would like more information on Step On, please contact our team:

 01324 466860

 lareception@linkgroup.org.uk


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improving lives