

Step On



Step On is a personal development programme for 16–19-year-olds, delivered by LinkLiving and various partners.

Participants will work on self-development, improve mental health and wellbeing and gain employability skills with the help of a dedicated project worker. The course comprises 12 weeks of group work, alongside ongoing, individually tailored one-to-one support.

Our local partners will deliver a range of physical and creative activities, designed to improve wellbeing and build confidence.

**Taking place in
Kirkcaldy,
Glenrothes and
Dunfermline**

**Learn positive
coping
techniques to
build resilience**

**Access to
SCQF
qualifications**

To find out more, please contact Link Academy:



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