



## ***‘Growth Mindset for Mentors’*** **Online Training Course**

### **Introduction**

“Growth mindset” describes the belief that intelligence is malleable rather than fixed. When people possess a growth mindset, they are more persistent and better equipped to respond positively to adversity in the learning process.

People with a growth mindset tend to search for different solutions to a problem when their first approach doesn’t work, a habit that research suggests can promote a range of positive learning outcomes.

Our *Growth Mindset for Mentors* training programme offers several interactive lessons designed to help our mentors understand growth mindset and how to apply growth mindset strategies to many of the challenges that young adults face in life.

### **Time Commitment**

The expectation is 3-6 hours per young person you support during an Academy programme over 10 weeks. You will have the chance to be “buddied up” on a 1-to-1 basis with a young person on a Street Soccer Academy programme, and be required to give between 15-30 minutes per week mentoring support by telephone (or via video conference i.e. Zoom).

You being a mentor on and during the delivery of an Academy programme means becoming a positive role model who is there to guide and support the young participants, all who are aiming to achieve personal development goals and gains.

**The Benefits for mentees:** Exposure to new ideas and ways of thinking; Advice on developing strengths and overcoming weaknesses; Guidance on personal development; and the opportunity to develop new skills and knowledge.

**The Benefits for you, as a mentor:** Mentoring is more than the transfer of advice, knowledge and insights. The relationship offers reciprocal benefits for you too, with your willing to invest your time in developing another person. As well as the personal satisfaction of sharing your skills and experience with a willing young learner, you will benefit from:

- Recognition as a subject matter expert and leader;
- Exposure to fresh perspectives, ideas and approaches;
- Extension of your professional development record;
- Opportunity to reflect on your own goals and practices; and
- Development of your personal leadership and coaching styles.

**The Benefits for your Company:** Investing in mentoring helps to:

- Develop a culture of personal and professional growth;
- Share desired company behaviours and attitudes;
- Enhance leadership and coaching skills in managers and next generation leadership and talent;
- Improve staff morale, performance and motivation; and
- Engage, retain and develop performers.

### **Who will be providing task oversight and tool use guidance to you in your role as a volunteer Mentor for the Street Soccer Foundation?**

Specifically supporting you and all our mentor volunteers will be **Ash Lawrence, Mindset & Mentoring Head Coach at the Street Soccer Foundation**. Ash has a PhD in Business and Sports Psychology and Philosophy. He helps various elite sports and business leaders overcome limiting thought patterns that prevent them performing at the very highest level.

A fully qualified NLP Master Practitioner and graduate of The Masterclass of Corporate Coaching from The Coaching Academy, he has been trained by some of the leading NLP trainers in the world including John Seymour, Paul McKenna and Dr Richard Bandler. Ash is also a fully qualified Cognitive Behavioural Therapist (CBT) and specialises in Mindset re-programming for life success.

Ash works with numerous professional footballers both in the Premier League and EFL and several elite sportsmen and women across a variety of other sports including Cricket, Swimming, Athletics, Golf and Tennis.

*Additional support will be on hand throughout from the regional coaching team actively involved and delivering on the Street Soccer Academy programmes.*

### **Benefits of the Academy programme to the Community**

The *Street Soccer Academy* is a vital and proven intervention programme that complements education and learning through its delivery on key and essential soft-skills, all the while helping to identify employability prospects in those we support to then be able to effectively prepare our young people for the workplace. It is the crucial first step towards engaging a hard-to-reach target group and helps participants to turn their lives around for the better.

**The Street Soccer Foundation is committed to making a difference and improving outcomes in the lives of homeless and vulnerable young people. Over the last few years, our support has been pivotal in building the resilience of young people as well as reducing the burden on public services such as health and welfare.**

The most recent evaluation of the impact of the Street Soccer Foundation programmes on its participants and the wider communities provided insight into the fact that key areas such as *education and employment, crime, and health* – are all positively impacted on. All essential to improving the community and social wellbeing, across the regions we support.

**Overall, for every £1 invested, the Street Soccer Foundation returned £11 of social value** which is delivered through increased confidence, securing employment and gaining work-related skills for those we supported during the period.

The Social ROI is a recognised, rigorous approach for charitable organisations to measure their impact by attaching a financial value to its achievements. The methods used to determine The Street Soccer Foundation's impact were: Participant Interviews, Participant Evaluation Forms and the Wellbeing Valuation Model\* – via HACT (HACT Value: <https://www.hact.org.uk/hact-value>).

\* Wellbeing Valuation represents the latest thinking on valuation of non-market goods and is the most robust approach to social impact measurement available. The approach follows HM Treasury Green Book guidelines and is currently used by several government departments including HM Treasury, Department for Work and Pensions, the Cabinet Office, the Department for Culture Media and Sport and the Department for Business Innovation and Skills.

**In terms of the numbers impacted: the beauty of the Street Soccer Academy programme is the ripple-effect it creates. At the very least, each Academy will directly positively impact a group of typically 10 homeless young people. But the true figure is much more than that. Every coach involved; every volunteer mentor involved – then the families, friends and co-workers of all those directly involved in the provision of the programme – including those surrounding the homeless young person: their care and support workers, any family and friends and others around them. All will be positively impacted – with the impact continuously felt well-after and beyond the completion of the 10-week programme.**

## **The long-term impact of the Academy programme to the local community?**

Even in years to come following the delivery of the programme; there are likely to be individuals positively impacted through the initial involvement and support of you as a volunteer mentor on the Street Soccer Academy programme. As outlined previously, the programme itself helps to build the resilience of the young people being supported as well as reduce the burden on public services such as health and welfare.

The longer-term effects can produce significant outcomes for individuals, families and communities and can make a tangible difference to people's prospects for employment, building confidence and motivation and giving them the skills and knowledge that will help them get work and lead independent and happier lives.

With the programme aiming to empower young adults, particularly those who are socially and economically disadvantaged, to improve their own lives and those of their families and communities; this 'community learning' delivers positive employment and employability outcomes for learners, helping them to improve both their vocational and 'soft' skills.

Just one young life transformed for the better, is a legacy in itself.

## WHY VOLUNTEER AND SUPPORT?

In today's society, everybody should have a place to live. But – more young people across England and Wales are becoming homeless with the situation getting worse. Homelessness among young people in particular, is a major social problem: 1 in 200 people in England are today now homeless or living in inadequate housing. In the last year alone, 320,000 people were recorded as homeless in Britain. This is equivalent to 36 new people becoming homeless every day. (*Statistics courtesy of Shelter*).

Young people (aged below 25) with experiences of homelessness are one of the most vulnerable groups in our society. Often a core reason for becoming homeless is a relationship breakdown which can stem from being long-term unemployed: 49% of cases have been reported where the primary cause of youth homelessness is a family breakdown; and 44% of these cases have shown these young people not being in Work, Education or Training (NEETS).

The UK economy is grappling with a range of issues relating to long-term unemployment, particularly among hard-to-reach and low-skilled adults and vulnerable groups such as those who are homeless. As well as its significant national and local economic cost, long-term unemployment is a major contributor to household poverty and poor physical and mental health. In addition, it has an impact on the children of unemployed adults, affecting their confidence, attainment, attitude to employment and aspirations. This can all result in multi-generational unemployment within families, which is extremely challenging to address.

Fundamentally, with the involvement and support of our volunteers, our Academy programme is enhanced and enriched for the benefit of all involved.

Thank you for your interest in becoming a volunteer mentor for the Street Soccer Foundation.  
Please send your completed application form to: [volunteer@streetsoccerfoundation.org.uk](mailto:volunteer@streetsoccerfoundation.org.uk)

Together, *Changing Lives through Football.*

