

It's InU₂

To be yourself Programme

- Imaginatively created for young people in a range of non-formal learning environments.
- A simple, fun, interactive process that works in 1:1 mentoring and small group contexts.
- A one day experience enabling mentors to build ideas for guiding the young people in the use of the resources.
- A brilliantly designed resource, full of ideas – packaged in a folder and activity booklet for each young person.
- A programme that helps a young person celebrate their uniqueness; explore their potential; discover more of who they are and what interests them. It enables the young person to gain confidence, acknowledge what they are good at and sets some achievable goals.
- A structured process, that works from the inside out, facilitating young people to tell their story in their own way and then take practical action steps for their future.

Building young people's confidence and self worth ... taking them forwards



from the
inside out 

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