

Phase Trust provide very able, experienced and qualified staff to take the young people on a journey that we believe gives them the opportunity to reflect on who they are and prepare them for their future.

Below are some first-hand comments from those who have experienced a FORWARD programme:

”

He was more confident about college and started really well

”

The programme helped me keep a better routine before starting college

”

I have got more confidence out of the programme and now I can make friends and be successful

”

The programme helped bring him out of his shell, his sense of confidence has increased



#### CONTACT:

NATHALIE DEAN, PROJECT CO-ORDINATOR

TELEPHONE: **0121 585 9419**

EMAIL: **NATHALIEDEAN@PHASETRUST.ORG.UK**

All Phase Staff have enhanced DBS clearance

Phase Trust  
Owen House  
Little Cornbow  
Halesowen  
West Midlands  
B63 3AJ  
Email: [info@phasetrust.org.uk](mailto:info@phasetrust.org.uk)  
Telephone: **0121 585 9419**  
[www.phasetrust.org.uk](http://www.phasetrust.org.uk)



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ACROSS THE BOROUGH**

# WHAT IS FORWARD?

FORWARD is a personal development programme that seeks to support students in their transition from school to college.

# WHAT IS THE AIM?

To help students explore how they can make their future college experience a success. To raise the confidence and aspirations of students to achieve, succeed and reach their potential.

# THE OBJECTIVES

Increase the confidence of students so they feel more able to take their next steps towards further education and career aspirations



# PROGRAMME STRUCTURE

**Date & Duration:** 3 week programme 17th/ 18th July, 24th/ 25th July and 31st July/ 1st August 2025

**Hours:** 11:30am – 3pm Thursdays and Fridays

## Programme:

The programme is split into 3 main areas:

- Looking in** - Explores the main foundations and ingredients that enable people to succeed.
- Looking out** - Explores the main skills & tools that help us interact with the world around us.
- Going Forward** - Explores important themes that can ensure individuals are prepared for future success.



# PROGRAMME ELEMENTS

## Personal Development

Students will be given a chance to explore themes that challenge them to reflect upon themselves and encourage them to develop in these areas, so they are more ready to succeed: Potential, confidence, self-image, communication and teamwork.

## Moving Forward

To help students think about how they can be prepared for the future, we will help them think pro-actively by exploring important themes such as: Preparation, change, resilience and goal setting.

## Team Building

Students will get the opportunity to be reminded of the importance of interacting with others. It will give students chance to develop their confidence in working with others and refine their communication skills.

**Information evening Wednesday 4<sup>th</sup> June 2025  
6pm – 7pm**

**Venue: Phase Trust**

This will give you a chance to meet delivery staff, see the facility, ask questions. To book onto the evening and to get a place on the programme, please email Nathalie Towler-Dean  
[nathalietowler-dean@phasetrust.org.uk](mailto:nathalietowler-dean@phasetrust.org.uk)

**\*\*Places on the programme are limited so please notify us if you are interested\*\***

