I'm currently doing a library work placement and I think I've settled into it pretty well.

Nice what skills have you learned while on that placement that you could take forward with you.

Definitely communication skills like talking to customers, it was hard but it's gotten a lot easier.

So what type of skills do the young people learn while on the programme?

I think it's coping skills, so like I said we use an assessment tool to identify where young people are at and then we put in place a range of interventions to enable them to develop the skills that they need.

So that could be coping skills, it could be skills that develop their self-confidence.

Really so they're enabled to achieve their full potential and realise their full potential.

Mentoring is beneficial because it creates a space where young people can be themselves.

It gives them an opportunity to share their thoughts and their feelings and what's going on for them with someone who they can trust, someone who will support them and encourage them, and who believes in them believes that they can achieve the things that are on their mind to do.

How's the program been able to help you?

So far I've had a lot of support I've also done, besides working with my work coach, I also joined the CBT, so they helped with my mental health alongside finding work.

And I've done job fairs, which I found really interesting, I've met quite a lot of people and yeah so far I've really enjoyed it.

CBM gives young people the skills to be able to be confident and have self-esteem, build up their resilience, be able to tackle and manage any obstacles that um they may experience within their life.

What skills have you been able to gain while you've been on the course?

A lot of skills to be honest I've gotten more confidence in talking in public.

Obviously regarding my podcast they have helped me in terms of like links and networks and helping me trying, to just get around the nerves.

I think that's what I was kind of dealing with before, just nerves and being a bit more shy on camera but yeah they've helped me massively.

Mentoring is beneficial because it kind of gives that constructive feedback where a young person might require that, it helps them to kind of challenge their limiting beliefs and challenge any like, beliefs that they might be holding that might be stopping them from, you know obtaining their goals and getting to the way they want to in life.

It also gives them a very safe space to communicate and to be themselves, as well as equipping them with confidence and self-belief.

For a young person I think it's important because it's a part of the makeup in terms of, in life these are your basic foundations that you need to be able to get on.

And once you've managed to keep yourself healthy you can dream, and you can decide what you want to do in life.