



Offering young people a chance at a promising future

All Young People Deserve A Promising Future



Promise at her Cambridge University graduation ceremony, with her mentor, Camilla

Would you like to help change the life of a child living in your community?

Would you like to encourage a young person to fulfil their potential?

Could you support a mentoring programme that has been proven to change young people's lives?

Promise grew up in Brent and was abandoned by her parents at the age of 16. Her potential may never have been realised but for the inspiring relationship that was forged between her and a committed local mentor who she met through her school. This person encouraged, supported and challenged her, with the ultimate result that Promise graduated with an excellent degree

from Cambridge University. She says that without a mentor, this would never have happened.

Now we need your help in order to continue this work by supporting the Promise Foundation. We are a charity in Brent which deploys the services of local professionals to act as mentors for young people aged from 13 - 18.

www.thepromisefoundation.org.uk/about/

Our most effective mentors are sensitive to others' cultures and have an ability to communicate successfully across cultural lines.

Our mentors help young people in ways which include:

- Increasing their self-esteem, motivation and confidence
- Gaining a wider perspective on career options
- Developing and acquiring skills
- Drawing up a personal action plan
- Developing a positive mental attitude

Our mentors also facilitate such things as:

- Mock interview and CV writing
- Work shadowing and/or work experience
- Introduction to new networks and contacts
- Visiting college/university open days

Meeting for an hour a week over a period of one academic year (September to July), means opportunities are created by identifying relevant areas of improvement. These might include overall progress in a subject area and work

ethic, homework completion, attendance levels and also punctuality. We run on-going training programmes throughout the duration of the mentoring relationships to inspire, inform and equip both mentor and mentee with the skills they need.

If you feel this could be you, and you'd like to help a young person fulfil their potential, then please contact our Charity Project Coordinator, **Khadija Zaim**, for more information



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khadija@thepromisefoundation.org.uk
Tel - 07913 126055