



# SKILLS FOR LIFE 2021-22 IMPACT REPORT

## MISSION

Skills For Life promotes the importance of life skills development to encourage success.

## VISION

Kids from ALL walks of life realize the tools they have within themselves to pursue their dreams

## CORE TOPICS

1. Self-Esteem Building
2. S.M.A.R.T Goal Setting
3. Financial Literacy
4. Understanding the needs of the job market
5. Building Professional Networks
6. Personal & Professional Discovery
7. Engaging in your community
8. Physical and Mental Wellness
9. Digital Literacy

## WHAT

We believe "Mindset Growth" is key to taking on the world and self-discovery. The concept founded on the principles of exploring, confronting, and moving past failure to build on key transferable skills. Dr. Carol S. Dweck - "The ability to learn is not fixed"

## FOCUS AREAS

- Peer-to-peer relationship management (people skills),
- Projection of self-confidence (personal motivation),
- Practical experiential learning (volunteering/ civic engagement),
- Career development goal setting (knowledge of the job market)
- Life Balance (mental and physical wellness)



**Because of the support and gifts SFL has received from people like you, over the last 12 months we have been able to:**

Engage over 1000 youth in direct contact ranging from ages 12-30 in motivational talks, workshops, panel sessions and physical activity

*NOTE: Over the last 12 months all activities have occurred digitally which has effect the number of engagements.*



# PROGRAMS AND SERVICES

## 1. DISCOVER YOUR PATH PROGRAM

Monthly workshops where youth learn about a different life skill topic by a variety of speakers. This program also includes physical/mental wellness sessions as well.

### LOCATION: ZOOM/INSTAGRAM LIVE

*Location: Zoom/Instagram Live*

#### Impact Numbers:

- 9 workshops 8 Guest Speakers
- Average 2-7 youth per workshop
- 70 Direct Youth impacted engaged
- Average age range of youth: 12-30
- 18 Surveys done
- Location - Due digital aspect we get youth all across the GTA but over 80% are from Peel Region with highest density in Brampton
- Overall 86% of youth who said that they enjoyed the workshops
- Overall 93% of youth who said they would attend another workshop
- Overall 76% of youth who indicated that they learned something new



## 2. NEW AGE MENTORSHIP PROGRAM

1:1 Mentor and Mentee matching in which youth and mentor are matched based on - academic, personal, social interests with the goal of working on at least 2 SMART goals over a minimum of 3 months.

### Location: Zoom

#### Impact Numbers:

- 10 matches have occurred to date
- A current wait list of 3 youths for matches
- 10 Matches made it the full 6-month mark
- 10 Matches have continued past 6 months
- 9 Matches have continued past 9 months
- 5 matches have confirmed progress or completion of goals worked
- 33 mentors signed
- 27 mentees signed up
- The average age range of Mentees is - 13-26
- Overall 78% of Mentees say they enjoy the program
- Overall 85% of Mentors say they enjoy the program





### 3. SPECIAL EVENTS

Large scale community building and engagement events

Location: Zoom

#### Impact Numbers:

- 5 Online large scale events
- Average turn out to events is 30-50
- Indirectly via chat, live stream and social media we have engaged over 500 youth across digital events
- Directly via chat, live stream and social media we have engaged over 200 youth across digital events

5 Large Scale Digital Events: We Made It, Health First, Networking in the 21st Century, Back to School, Digital Literacy

### INTERNAL UPDATES

With the loss of our annual golf tournament which traditional brought in over 70% of our annual funding we were able to adjust and apply for grants to adapt and keep active.

### APPROVED GRANTS

- Maples Leaf's Entertainment Foundation – Funding is being used to support our Discover Your Path Program
- Community Foundations (Brampton/Caledon) – Funding is being used to support our Networking in a New Age Program
- Federal Government Canada Summer Jobs – Funding was used to hire 8 temporary Student Staffers (As of January 2022, 4 part-time staff)
- City of Brampton Advanced Fund – Funding was used to Support Discover Your Path Program and Large Scale Digital Events

### ONLINE CAMPAIGNS:

Online giving has declined over the past 12 months. Our goal is to re-engage past donors and seek out new donors through - Giving Day Campaigns and development of new fundraisers.

Every dollar counts. [Please consider donating today!](#)

### DEVELOPMENT:

- We are in development of a Social Enterprise to provide jobs to youth who need a second chance after making wrong choices "Skills at Work" (supported by Region of Peel)
- We launched the beta SFL APP which was well received but due to demand and space needed the app is being re-worked



# GALLERY AND YOUTH COMMENTS

## New Age Mentorship - Komal:

What she has achieved: "finishing chapters every week and figuring out my book title and cover"

Things she has learned: "I have learned a lot of time management and how to be more responsible."



## New Age Mentorship - Arielle:

What she has achieved: "Keeping up good grades, my lowest grade so far is a 80%. My self confidence has gotten really better over the past couple months too"

Things she has learned: "She's taught me a lot of business so different business tactics, what appeals to customers, pricing points. She taught me how to communicate better and stick to my SMART goals. She also taught me how to understand myself and the things I have gone through and how to make sense of what happened to me."

## New Age Mentorship - Nashia:

What she has achieved: To be more social, how to keep/initiate a convo, confidence building, time management  
Things she has learned: Communication, networking

## New Age Mentorship - Elissa:

What she has achieved: Creating a resume and cover letter  
Things she has learned: I've learned more about work and life balance, decision making, communication



"I've learned the different types of communication and the different feelings that consist of them"

"I learned that I need to speak up for myself. I need to say no more. I need to journal, I need to try new things and don't be hard on myself if I fail"

[DONATE HERE](#) to continue supporting Skills for Life

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