



SKILLS FOR LIFE 2022-23 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 150 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 and online which has an effect the number of engagements.



PROGRAMS AND SERVICES

1. DISCOVER YOUR PATH PROGRAM

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

LOCATION: ZOOM/IN PERSON SCHOOLS

Location: Zoom/Instagram Live

Impact Numbers:

- Workshops: 10
- Guest speakers: 9
- Average youth: 2-97
- Average age range: 12-35
- Surveys done: 20, 2 surveys per workshop
- Location: Virtual (through zoom)
- Overall 88% of youth who said that they enjoyed the workshop
- Overall 94% of youth who said they would attend another workshop
- Overall 81% of youth who indicates that they learned something new



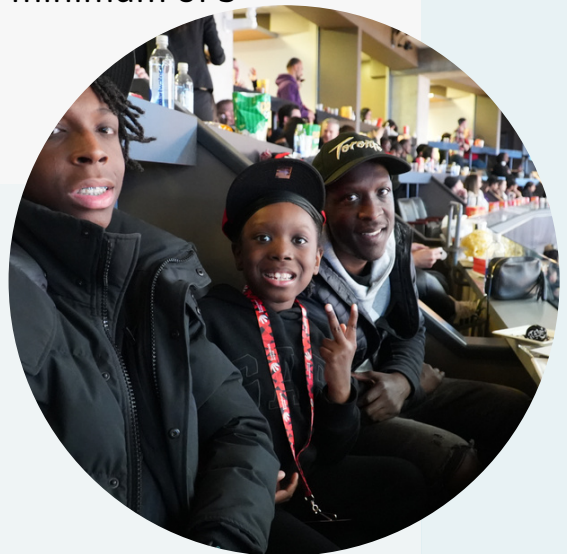
2. NEW AGE MENTORSHIP PROGRAM

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:

- History of matches to date: 14
- New matches started 2022-23 fiscal year: 3
- Matches that made it 3 months+ this fiscal: 2
- Matches that made it to 3 month mark: 13
- Matches that made it to 6 month mark: 12
- Matches that have confirmed progress to date: 7
- History of Mentors signed up to date: 42
- History of Mentees signed up to date: 43
- Mentee average age range: 12-24
- Overall 80% of mentees say they enjoy the program
- Overall 86% of mentors say they enjoyed the program





3. SPECIAL EVENTS

Large scale community building and engagement events

Impact Numbers:

- Wellness fair held in July in person event
- Turn out: between 20-47 people
- Interacted with: over 1000 across social media platforms, emailing systems and in person

Virtual Large Scale Events: We Made It, Health First, Networking in the 21st Century, Back to School, Digital Literacy, Youth STEAM event, Skills 4 Life Gala, Wellness outdoor event

INTERNAL UPDATES

- 5 Staff employee's
- Hired an Operations Specialist
- Appointed a new Board Chair and Treasurer

APPROVED GRANTS

- Ontario Trillium Foundation Resilient Communities Fund
 - Used to support internal capacity building
- Community Services Recovery Fund
 - Used to support the development of a social enterprise
- Community Foundations (Brampton/Caledon)
 - Used to support SFL programming
- Federal Government Canada Summer Jobs
 - Used to support SFL operations and programming
- City of Brampton Advanced Fund
 - Used to support SFL Programming
- Foundation For Black Canadians Fund
 - Used to support SFL Programming

ONLINE CAMPAIGNS:

[Please consider donating today!](#)

- Giving Tuesday in November
- Impact Gala Lead Up in September
- 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)

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"

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