



# SKILLS FOR LIFE 2023-24

## 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"

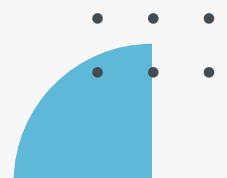
### FOCUS AREAS

- 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)



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

Engage with over 200 youth, ranging in age 12-30 in motivational talks, workshops, panel sessions and physical activities.



# PROGRAMS AND SERVICES

## 1. DISCOVER YOUR PATH PROGRAM

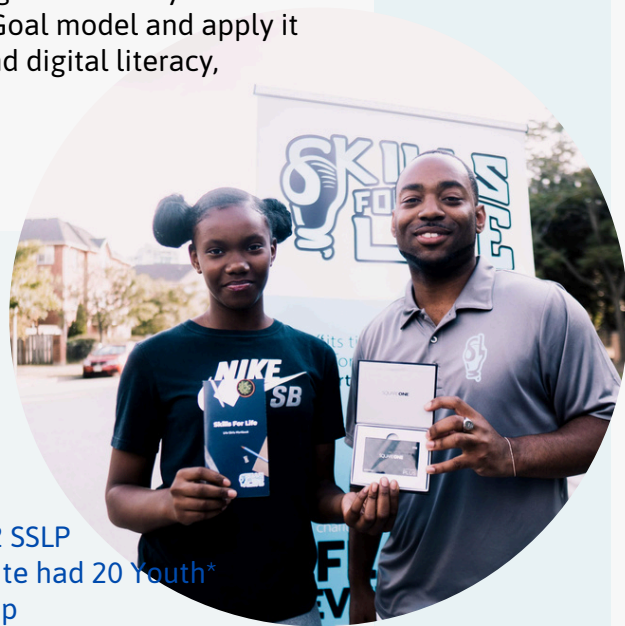
This program is a combination of workshops, events, and sports activities, where youth learn about various life skills topics from different speakers. The goal is to aid youth in developing life skills, from an early age. They learn the S.M.A.R.T Goal model and apply it to topics such as personal and professional discovery, financial and digital literacy, academics, physical and mental wellness, and job readiness skills.

### Formats:

- In school cohorts (partner with schools)
- After school drop ins (community based)
- Digital events and workshops (non geographic)
- Mentorship supports and special event

### Impact Numbers:

- Workshops: 20
- Guest speakers: 10
- Youth Served: 190
- 2 in school cohort sites (50 youth); 1 Virtual event (50 youth); 2 SSLP cohorts (40 youth); After school sites (30 youth) - Pickering Pilot site had 20 Youth\*
- 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 indicate that they learned something new



## 2. NEW AGE MENTORSHIP PROGRAM

1:1 Mentor and Mentee matching in which youth and a 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.

### Formats:

- Zoom

### Impact Numbers:

- History of matches to date: 17
- New matches started 2023-24 fiscal year: 3
- Matches that made it to 3 month mark: 2
- Matches that made it to 6 month mark: 1
- Matches that have confirmed progress to date: 3
- Overall 80% of mentees say they enjoy the program
- Overall 86% of mentors say they enjoyed the program

## 3. SKILLS AT WORK PROGRAM (SAW)

SAW is a social enterprise program designed to address the school to prison pipeline. It is a justice program designed to prevent youth from falling into the system by providing access job and life skills training through landscaping and workshops. Youth ages 16-25 are trained in the art of landscaping and community beautification and go to job sites in the community, while also having access to life skills workshops and honorariums.

### Formats:

- In Person

**Impact: Pilot Phase - Business plan complete and pilot with 3 youth**





## 4. SPECIAL EVENTS

Large-scale community building and engagement events

**Impact Numbers:**

- Wellness fair held in July in-person event
- Impact Gala, Golf Tournament, Youth Week, Start Career SMART engaging over 250 people across these events
- Interacted with over 1000 across social media platforms, emailing systems and in-person

Virtual Large Scale Events: Digital Literacy Event, Youth STEAM Event, Skills 4 Life Gala, Wellness Outdoor Event



## INTERNAL UPDATES

- Increase in staff to 10 employees 6 FTEs; 1 PTE; 3 contractor
- Hired a Finance Associate Manager
- Hired a People in Culture Associate Manager
- Hired a Donor Engagement Associate Manager
- 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 - Red Cross
  - Used to support the development of a social enterprise
- Community Foundations (Brampton/Caledon)
  - Used to support SFL programing
- Federal Government Canada Summer Jobs
  - Used to support SFL operations and programing
- City of Brampton Advanced Fund
  - Used to support SFL Programing
- Foundation For Black Canadians Fund
  - Used to support SFL Programing
- Region of Peel -Core, Safe Communities , & Capital fund
  - Used to support internal capacity building and SAW
- Toronto Community Foundations -Investment Readiness
  - Used to support internal capacity building and SAW



## 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."

## CERTIFICATE OF APPRECIATION

IS PROUDLY PRESENTED TO

**Monica Goheer**

This certificate is awarded to Monica Goheer for their successful participation in the new age mentorship program.

Nov 6th 2023  
DATE



SIGNATURE OF SFL EXECUTIVE DIRECTOR

## 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

Visit [www.theskills4life.ca](http://www.theskills4life.ca) for more info or use the handle @skills4lifeinc on Instagram, Twitter, or Facebook. Or view videos on our [YouTube channel](#) or email [info@theskills4life.ca](mailto:info@theskills4life.ca)