

RISE UP

A Leadership programme for youth workers supporting young Londoners affected by violence



“ Rise Up has definitely contributed to me having more confidence in taking leadership roles. ”

APPLY FOR RISE UP
londonyouth.org/rise-up

What is Rise Up?

Rise Up is a free, innovative leadership programme for frontline youth practitioners working with young people vulnerable to violence.

Funded by London's Violence Reduction Unit (VRU) and delivered in partnership with LEAP Confronting Conflict, Feeling Social, Clore Social Leadership, Mary's Youth Club, and Power The Fight, Rise Up is an investment in London's frontline.

Through specialist training, coaching, mentoring, and networking, Rise Up will boost participants' skills, confidence and knowledge in leadership and in youth work.

Overview of the programme

The programme aims to equip youth practitioners to better respond to violence impacting young people in London. Through training and support they will:

- Have deepened youth work skills and practice
- Address conflict effectively
- Feel fulfilled in their career
- Have greater ability to participate in strategic discussions
- Develop leadership skills

We have designed the programme to be practical, non-academic and immediately applicable to practitioners' current work.



Who is Rise up for?

Rise Up is designed for frontline youth practitioners in London who:

1

Direct contact

Are working directly with young people and communities at risk of violence/ exploitation.

2

Lived experience

May have lived experience of these issues themselves.

3

Professional Development

Are motivated by the aims of Rise Up and committed to their own professional development.



4

Confidence and leadership skills

Want to develop and grow their own confidence and leadership skills.



Programme structure

The programme will comprise of **weekly** training sessions with cohorts of 25 youth workers. This year, there are now two versions of the programme to choose from depending on the capacity and availability of the practitioner:

Rise Up Lite

Rise Up Lite is an intensive short term course that been designed to support practitioners who cannot commit to long term training. Participants will have benefits of the Rise Up programme but in a more flexible way. Rise Up Lite will be delivered over ten sessions and the first cohort will begin in June

Rise Up Full

Rise Up Full is an in-depth and immersive six month programme - this is the tried and tested model that has been delivered in previous years. Participants will join a cohort of 25 likeminded practitioners from across London, and receive core training modules, delivered on the same day each week in person.

Rise Up Full first cohort will begin in September.



Programme structure

List of Features	Lite	Full
9 Core Modules	✓	✓
Coaching	Optional	✓
Supervision	Optional	✓
Network Community	✓	✓
Access to Alumni	✓	✓
Extra Training Modules	Optional	✓
Backfill Grant	×	✓
Residential	×	✓

Core 9 modules

1. Developing Leadership skills
2. Mental Health First Aid
3. Trauma-informed practice
4. Contextual Safeguarding
5. Gender Informed Practice
6. Self and conflict
7. Race and Youth Violence
8. Cultural competencies and sensitivity
9. Challenging behavior

Additional features

- Personalised Coaching Sessions
- Emotional Support & Pastoral care
- Group Mentoring
- Post-Summer Alumni Training Opportunities
- Networking
- Paid Consultations

Rise Up Lite timings

- 2-day Youth Mental Health First Aid Training.
- Attendance to core training sessions.
- Optional Outside sessions. Coaching/ Supervision
- Optional paid consultation sessions
- Optional post-core module training sessions
- Optional attendance to Networking events

Rise Up Full timings

- 2-day Youth Mental Health First Aid Training.
- Weekly core training sessions term time only.
- Sessions run between 10am-4pm in person on the same day every week.
- Rise Up Residential Friday – Sunday (one-off)
- Outside sessions: Coaching (x4) Pastoral calls (x4)
- Optional paid consultation sessions.
- Optional post-summer training sessions.
- Optional attendance to Networking events.

How to apply

1

Application form



- Review website information
- Complete the application form

2

Applications reviewed and assessment sessions



- Applications are assessed and participants are invited to an Information session

3

Information Assessment Session



- Full overview of both programmes with details and comparisons
- Commitment levels and requirements of the programme
- Task / Activity to demonstrate group work skills and allow for observations
- Feedback from task
- Q&A and Next steps

4

Information/ Assessment follow up



- Follow up email offering place
- Participant is allocated programme and informed of outcome
- Participant is assigned programme on upshot and added to Cohort Whatsapp and community



Applications are rolling with courses starting throughout 2024 and 2025.
Apply now to avoid disappointment.