



## Outward Bound Trust and Mark Scott Leadership for Life Award Scotland

The Outward Bound Trust provided 170 places to young people aged 17-18 to participate in The Mark Scott Leadership for Life Award in 2019-20. The Award brings together young people from different socio-economic, religious and cultural backgrounds to work together over a 6-month period in their final year of school. It begins with a five-day residential course, designed to develop the pupils' personal skills and attributes. Upon returning to school they work in geographical cluster to plan, organise and deliver a project that benefits their local community, and conclude with a significant review process.

<b>Direct Impact</b>	74% of young people developed interpersonal and team building skills 71% of young people felt they were more confident to build trusted relationships 60% of young people said their aspirations were higher as a result of the experience 81% said they have a better understanding of the needs of their community
<b>Accredited awards</b>	153 participants gained their Mark Scott Leadership for Life Award

### Young people's feedback on impact

"I have gained a better self awareness. I am more able to identify when I feel stressed or overwhelmed and how to cope with it" *Natalie, St Andrew's Academy*

"...it helped show that difficult tasks can be completed when the right people are around you and it helped show me that I'm capable to do things I never imagined me doing". *Claire, Cumbernauld Academy*

"My mental health has benefited when taking part in the award. I am less nervous to start new things and I have learned that coming out of my comfort zone can be the best thing. I've learned that I can cope with that and that just because I think I can't do something doesn't mean I can't." *Anonymous*

### Teacher

"The Mark Scott Leadership for Life programme undoubtedly develops a range of skills which have assisted our young people move on beyond school. Through the challenges set, they learn a great deal about themselves and how they interact with others, improving their self-confidence, team work, resilience and respect for others." *Teacher, Falkirk*