



Young Person – age 17

MARK SCOTT LEADERSHIP FOR LIFE

Learning to Bounce Back

I signed up to the Mark Scott Leadership for Life Award when the team came to my school. I liked the sound of the outdoor aspect and the idea of a volunteering project to make a difference in my community.

The beginning of the programme is a week away on an outdoor expedition and you work in a team with other young people from the same local area. It was full-on from day one, and we had to quickly learn to build trust and work as a team. Towards the end of that first week we began to make a plan for the volunteering project we wanted to do back in Glasgow. We came back with lots of ideas, but it was tricky to get them off the ground at first. We got a number of knock backs, but in the end we found a partner organisation and worked together to design and workshops to explore how participation in creative art activities can positively impact mental health.

We were expected to lead the volunteering project from start to finish. Our youth worker was there as a sounding board, but we made the decisions, exploring different options, developing plans and then running the creative workshops with members of the public.

I think I've become more resilient as a result. I learned how to keep on going when we contacted people with our ideas and they turned us down. We had to adapt and to accept that not all of our ideas would be taken forward. It helped me learn how to bounce back when things don't go the way you want them to – how just to take the feedback and move on. Later in the project, as things progressed, I found myself stepping into a leadership role in the group, being the main point of contact for organisation we were partnering with and making sure that we planned as effectively as possible as a team to ensure we met our deadlines. I think I'm better prepared for working independently at university as a result.

The outdoor expedition was a really valuable learning experience for both personal and team development. Our youth worker also supported us to reflect on our learning through the whole volunteering experience. It was powerful to do this as a group and to hear other people's perspectives on our individual contributions. We were so close by then that we were able to be really open with one another. I feel lucky to have been part of the experience. I got so many opportunities to grow as a person.