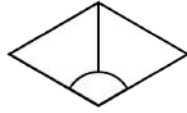




KNOWYOU**MO**RE

LEVEL**UP**



KNOW**YOU**MORE

Know You More exists to equip young adults with the skills, behaviours and confidence to make their impact in the World.

Our personal leadership programme ‘Level Up’ aims to empower young adults, from all backgrounds, so that they have the chance to achieve their personal work and education goals, to lead happy and healthy lives and can make a contribution to their communities.



LEVEL**UP**

Introducing

LEVEL UP



## What is Level Up?

Level Up is a strengths based, personal leadership programme for young adults from all backgrounds aged between 18 and 25. It is an accessible programme that has been designed to help you understand yourself, your strengths and improve your life skills and ability to confidently navigate early adulthood.

## Who is Level Up for?

There are many decisions we have to make and experiences that are new to us when making our way into early adulthood. If you've a decision to make around education or your career, you're moving out of home for the first time, new jobs, building relationships or if you just need to work some 'stuff' out - Level Up is for you!



## What will it do for me?

Level Up will be like no other experience you have had before.  
Here are only a few of the benefits



We help you develop important skills to lead your life and your career



We support you in seeking the clarity you want, to build your future



You'll experience a improved sense of wellbeing, confidence and happiness



You'll identify, connect and celebrate who you are and what you want

## How does it work?

You will work with your very own personal coach who believes in you and your potential. They will work side by side with you over a programme of 6 x 1 hour virtual conversations and provide you with resources and tools to support your learning.



[Read More About  
Coaching](#)

LEVELUP

## Why does Level Up focus on strengths?

Research has proven that when we focus on developing our strengths we...



... are happier, have a higher sense of vitality and good mental health



... are more creative, agile and confident



... experience faster growth and development



... have more meaning and a greater sense of satisfaction in our lives

[Read More About Strengths](#)

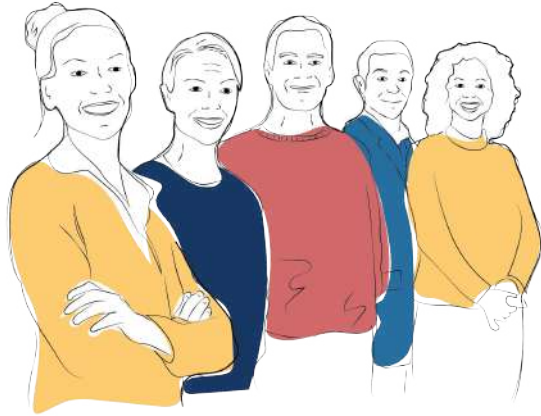
**LEVELUP**



## How will I know what my strengths are?

At the start of your programme, you will complete a short online questionnaire. Your answers will be assessed and you will receive the results. You will then explore these results with your coach. They will help you identify with and connect to your strengths as well as how to apply them in day to day life.





## Who and what is a coach?

Our coaches don't judge or tell you what to do. They provide a listening ear, and sometimes a supportive nudge, to help you work out what is right for you and your future.

[Read More About Your Coach](#)

Hear it from them...

*“I realised: You don’t do coaching because you are weak, but it’s like a sports person seeking a coach to get better.”*





## How do I begin?

Here is a step by step roadmap of your journey with us. We make sure you get the best out of your coaching experience. We do this by taking the time to prepare you ahead of meeting with your coach and selecting the best coach for you based on your preferences.



KNOWYOU MORE

For more information contact Tim on [tim@knowyoumore.com](mailto:tim@knowyoumore.com)

