

2021-22 Level Up Impact Report

For every client Know You More works with, we commit to dedicating our resources and expertise to designing and delivering free development experiences for young people from all backgrounds.

Over the past 2 years, we have been exploring new ways to make coaching more accessible to the young population and understanding the impact it can have in supporting young adults during the transition from education to the world of work.

Launched in 2020, Level Up is a strengths based, personal leadership programme that is free for young adults from all backgrounds aged between 18 and 25. It is an accessible programme that has been designed to help individuals understand themselves, their strengths, and improve their life skills and ability to confidently navigate the challenges and opportunities of early adulthood.

Celebrating our first Level Up impact report, we look to bring that learning together to share what Level Up has achieved and how we're going to continue in the future.

Our 2021-22 social impact investment



£53,000+

We invested £53,000+ into the development of young adults through Level Up

Enabling us to deliver 600+ hours of free coaching and coaching skills training

600+

The difference we made

369

People have engaged and registered for the coaching experience

781

Sessions of coaching have been completed across all programmes

9.2/10

How likely would you recommend coaching to a colleague?

Level Up sessions at a glance

3

Avg Programme Length in Months

60

Avg Session Length in Minutes

52

Current active coaching relationships

The young leaders we reach

63%

Of coachees identify as female

35%

Identify as male

1%

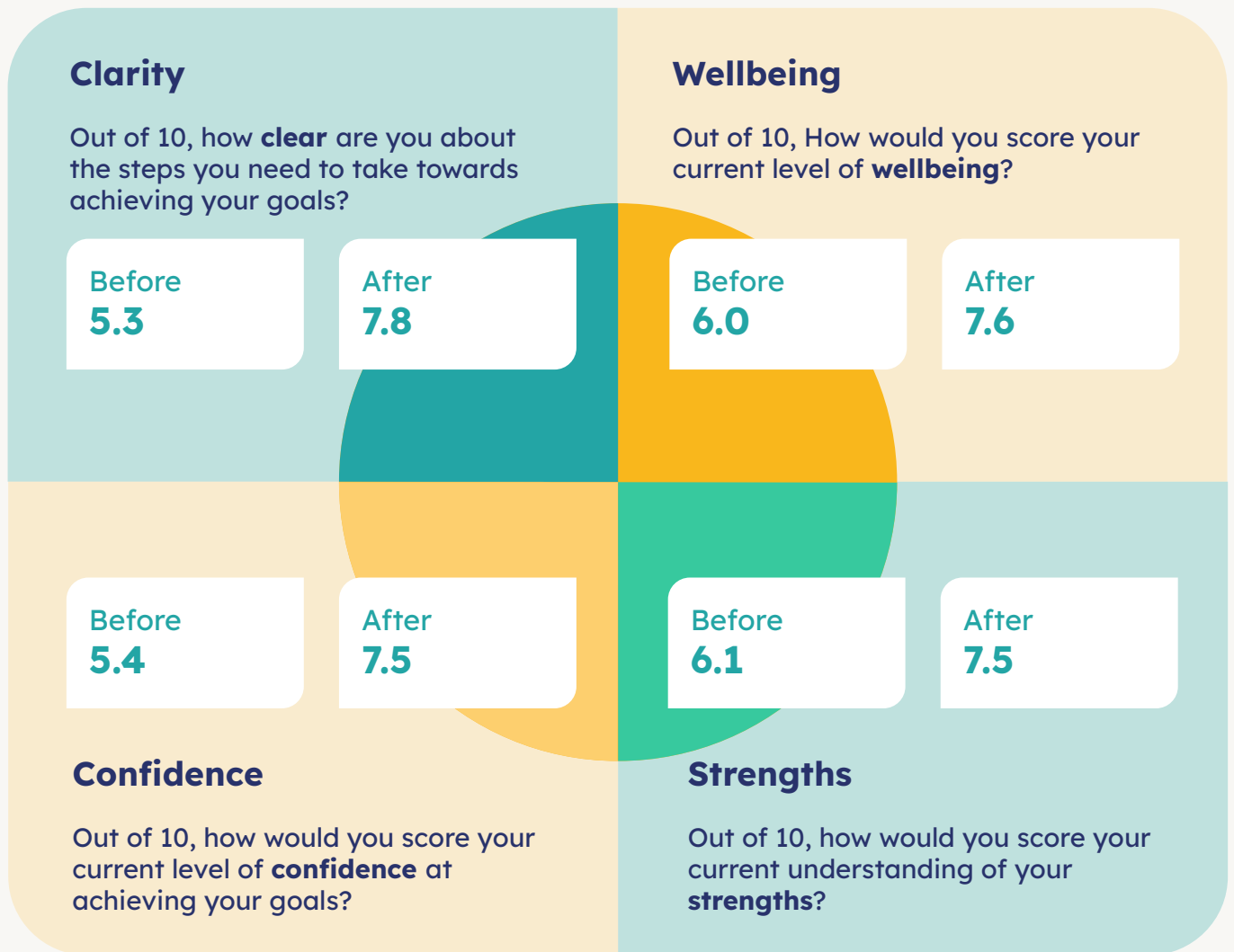
Identify as Agender

1%

Not specified



Development themes and the impact of coaching



What coachees and coaches have said

How has coaching supported you in achieving a greater sense of clarity and direction?

"My coach helped me with very useful suggestions and encouraged me to set up plans to rebuild confidence. Because of the trust that my coach has given me, I gave my best to live up to his trust. The result is joyful. My coach is always my reliable supporter as well as an excellent listener."

"Coaching and discussing what I initially considered personal difficulties and challenges has helped me become a lot more decisive and put certain situations in the past which in turn helped me construct a clearer plan of what I want to achieve."

What outcome can you directly associate with your coaching?

"I have become more confident in communicating with others and my performances in studies have been remarkably improved."

"Better decision making, confidence, happiness and personal empowerment."

"Making more time for my hobbies, taking up Italian lessons, applying to work abroad this summer."

"Coaching has given me new perspectives and challenged my existing beliefs."



"Coaching has enabled me to identify my future goals and the steps I need to take to achieve them. Coaching has also helped me better understand myself, my hobbies, the direction I want to take in life. Because of this I feel as though I'm now leading my life with a much greater sense of clarity, making decisions and taking opportunities for my future that I wouldn't have before."

100+ coaches globally

have supported Level Up coachees with...

Confidence

Clarity

Direction

Self-leadership

Transition

Overwhelm

Wellbeing

Environmental Leadership

"There is energy, passion, enthusiasm and an immediacy and appreciation in young leaders thinking."

Level Up Coach

"I recognise a need to create a space for exploration with enough containment for the coachee to feel safe when working with young leaders."

Level Up Coach

Our current collaborations

Since October 2021, we developed Level Up, in order for all our collaborative partners to join the one project. This allows for us to support as many young people as possible and enables us to view the impact this is having on young people's clarity, confidence, goals, strengths and wellbeing.

Our new partners in 2022



Collaborative Partners



2022: what's next?

2022 is looking bright for Level Up, as we learn the most impactful way of reaching more young adults is through our collaborative partners. We believe, by nourishing existing relationships, developing new collaborations and widening the reach of coaching, Level Up continues to grow in reach and impact. We envision Level Up and Build Up to work and expand together, transforming individuals' lives, their skill sets and the coaching industry as a whole in tandem.

Q1 at a glance



Avg Programme Length in Months



Avg Session Length in Minutes



No. of sessions delivered



Current active coaching relationships

Our path to supporting more young people



Be a part of our journey

Learn more about Level Up and register at www.levelupwithkym.com

