

## **Be the Change Testimonials**

### Leicester Launch Event – 10<sup>th</sup> October 2018

*A thrilling and engaging journey that encourages self-reflection and causes students to consider the impact their words and actions have on others as well as reinforcing that students are in control of their futures. **Sam Blades, PE Teacher/Assistant Progress Leader – Welland Park Academy***

*I have witnessed 120 students engage in this process – WOW! Their attention has been held throughout. Students have opened up to others, spoken out loud, shared stories and LISTENED! They have learned about themselves and are proud to admit it. My form members have and will continue to benefit from today's ideas and experiences. **Louise Barnes, Teacher of Maths/Form Tutor (Year 9), Welland Park Academy***

*I can see the students are enjoying the experience. They all responded very well to instruction and trusted each other with respect. Most seems to understand how to cooperate with each other. Perhaps they now recognise their strengths and weaknesses. They are also beginning to show more empathy to each other. **Danny To, Maths Teachers/Form Tutor, Welland Park Academy***

*I feel Be the Change is a raw and emotional experience that students go on. It gets them to pause from the hectic world of social media and peer pressure to evaluate their life and future. Students really enjoy the opportunity to speak honestly and openly. **Ellie Askham, Teacher KS3 Progress Leader, Welland Park Academy***

*It has once again been a real eye opening experience and privilege to be part of today. To see and hear the year 9 students engage, think, stand up in front of their peers and develop the courage to speak about their fears, insecurities and hopes and intentions to change. Today we saw a shift from their unwillingness to speak to a desire to share and be heard. **Deborah Edwards, Student Support Manager Key Stage 4***

*I think if I could sum it up in one word it would be powerful. It gets pupils to reflect in ways they didn't think were possible, ways I didn't even think were possible. To see the change in some even after the 1<sup>st</sup> couple of sessions was incredible. I think the most powerful part of the day however is when pupils talk about being bullied and how they feel, it is even more powerful to see the bullies accepting and reflecting on their part. All in all a phenomenal day. **Ant Collins, Teacher, Welland Park Academy***

*It was amazing to see the realisation on the young people's faces when some of the young people had the confidence to speak about their experiences and really open up about how they were feeling and what was affecting them. **Rebecca Dawson, Team Leader, Hastings Direct***

*Be the Change has helped young people have a bigger imagination and to realise the impact their behaviour has on their future. **Hiten Chauhan, Team Leader, Hastings Direct***

### Bexhill Launch Event – 17<sup>th</sup> October 2018

*I have found the day eye opening, I have been able to relate myself to some situations the students are currently facing. It has been great to see less confident students opening up and sharing their*

*stories. I feel that students now understand the impact that their actions and behaviour has on other children.* **Laura Caister, Apprentice Teaching Assistant, Bexhill Academy**

*Seeing the students 'realise' the impact they have on others, and make the first steps in taking more control of their lives and the way they change is really inspirational.* **Ed Brazier, Pastoral Manager, Bexhill Academy**

*The students began to open up and there has been an impact as many students have been emotional.* **Cheryl Kemp, Pastoral Manager, Bexhill Academy**

*I have watched my two mentees grow as individuals in the space of a couple of hours. I am really excited to see how they grow. I had to step up as a role model today to prove to my group fear will make you succeed Be the Change is changing me.* **Casey Briley, Team Leader, Hastings Direct**

*Be the Change enabled them to open their minds and think in a way without judgement or embarrassment. The programme is wonderfully engaging and allows students to gain an insight into each other's struggles.* **Anna Cruttenden, Technical Advisor, Hastings Direct**

*Be the Change has helped young people understand each other's struggles, which seemed to increase confidence and compassion in the room.* **Leonie Roffe, Customer Representative, Hastings Direct**

#### Gatwick Crawley Be the Change Launch 18/19

*Wow! What an incredible day the students have had. Many of them were apprehensive about attending because they were fearful of stepping out of their comfort zones but from the word 'go' they've been encouraged to put their trust in others and take a leap of faith. All have done something today which they never would have done without the ideas and motivation received today. I can't wait to see them blossom through the next five sessions.* **Steph Hancock – Year 9 Leader, St Wilfrid's Catholic School**

*Today has been amazing, very emotional and hugely inspiring. Thank you so much, this will definitely impact the students now and in the future.* **Gemma Clarke – Ifield Community College – Pastoral Manager**

*Inspiring messages that are getting through to the students that we haven't managed to reach. They have reported that they have all seen things that they know that they need to change. Graham is excellent with the students. Thank you.* **Nicole Jones – Senior Head of Year, Hazelwick School**

#### Leicester Stepping Up 18/19

*I have been so impressed with how my Year 5 class coped with being put into groups with people they don't know! I think the 'bin filling' idea was really clear and one I will refer to back at school with the class. A simple way to get a serious message across. It was great to see how lots of fun elements were mixed in to the afternoon.* **Katie Prime – Year 5 class teacher – Farndon Fields**

*Our Year 5 pupils really enjoyed their afternoon. Lots of fun and laughter. The leaders were brilliant. Thank you.* **Mandy Williamson – St Josephs**

*Phenomenal programme. Just the change from stage 1 to stage 2 is fantastic. It encourages pupils to reflect and develop their empathy. The confidence change in some of the pupils who really engaged was dramatic. Excellent programme.* **Ant Collins – Welland Park Academy**

*Fantastic experience that encourages students to consider their attitude towards themselves and others, and reflect on any positive changes they could make.* **Sam Blades – Welland Park Academy**

*The shift from this event to the last one has been immense. They have all become so much more confident and watching them interact with the Year 5/6s has shown how much they have actually learnt.* **Rebecca Dawson – Team Leader – Hastings Direct**

*Easily the most inspiring experience of my life. Keep it up.* **Kieran Chand – Engagement Leader – Hastings Direct**

*I have loved being a part of Be the Change, watching these young people become more self-aware and confident has been amazing to watch.* **Jak Milor – Retention Agent – Hastings Direct**

*The programme is for the students but I've found myself going on a journey as well. Something I won't forget.* **Joe McAlister – Performance Coach – Hastings Direct**

*I have seen students step totally out of their comfort zone to speak out and share their experiences, fears and plans to change. Students who would never step up to the plate have spoken from the heart and shown parts of their characters even they did not know about. They have been ambassadors and role models – real heroes! A most humbling day as always with Graham and the team – but always a bit more humbling every time I come to Be the Change.* **Deborah Smith – Student Support Manager – Welland Park Academy**

#### Gatwick Crawley Be the Change Stepping Up 18/19

*Today's event was so inspiring. You can genuinely see the positive changes in the students from the launch. The students really benefit from Be the Change programme and thrive on the interactions. This is such a valuable programme for the students and the school.* **Ross Thornton, Careers Advisor, Oriel High School.**

#### Brighton Be the Change Launch 2019

*Amazing day! Full of positivity and hope. So encouraging to hear someone to say to the students you are valuable and have something to offer to the world. So great to see the breakthrough with our students. Grown in confidence in themselves and who they are.* **Amanda Gamon – Pastoral Support Officer, Kings School**

*Lovely to see the students be confident, enthusiastic and valued – a great experience.* **Ella Goldstein, Head of Year, Kings School**

*From the minute the course began, I was gripped. By 10.00am I had already shed a few tears. Graham is an inspirational man who knows how to crack some of these 'hard kids'. To see the change in our students is amazing. When you work in a school with 1,600 students, it's only moments like*

*today that you see some of them for whom they really are.* **Gerry Saidhu, PE Teacher, Blatchington Mill**

*Fantastic work, really positive for our young people. Very Interactive and could be beneficial for our students. Great team. Really Encourage.* **Frankie McBrien, Careers Leader, PACA**

*It has been a great day for all of our students. It is extremely engaging and an effective way of getting students out of their comfort zone. Graham is very good at making them feel supported and comfortable enough to share with out pressuring then. Looking forward to the next day.* **Laura Molloy, Head of Year 9**

*A superb day. Every student was welcomed and valued. Every student was given a boost to their confidence and a chance to share and have celebrated what is best about them. I watched a visible and positive change take place in many of my students during the course of the day. An inspirational start to what promises to be a really beneficial programme.* **Jeremy Holtom, Head of Year, Dorothy Stringer School**

*Today I witnesses young people learn about themselves, change how the see themselves. Learn outside the box. Graham inspired the young people in the room and helped them change their mindset.* **Sandra Hutchings, Assistant Head of Year 9, Hove Park School**

#### Chichester Be the Change Launch – 2019

*I've seen many initiatives in 20 years of teaching but I have never seen students grow so much as these students have in one day. Seeing students who find social environments hard, stand up and talk in front of their peers from their hearts has inspired me. Be the Change gets the most out of every student, no matter what barriers they put up, by building confidence and self-reflection. Thank you for an amazing day.* **Matt Tyman, Head of Pastoral Support, The Academy Selsey**

*Awesome day. So proud of my students. Some have made enormous steps forward today, jumping off their own bridges. I've also learned stuff about myself and my own past/future. Live life in the panic zone! Can't wait until the next event.* **Jayne Beesley, Head of Year, Midhurst Rother College**

*Loved seeing our youngsters show leadership and develop the confidence to speak out. Even the fact that some youngsters stepped out of their comfort zone was so important and I hope this will transform to their everyday lives and give them skills to impact their own futures.* **Julie Silcock, Vice Principal, Chichester High School**

#### Brighton Stepping Up – 2019

*Stepping out of comfort zones, learning about equity rather than equality. Empathy, self motivation, be self aware and 'Be the Change'.* **Ali Pringle, Longhill**

*Really pleased about how the students have engaged and interacted.* **Shirley Eborn, Learning Support Assistant, PACA**

*Students were excited for todays course. Confidence, interaction amongst themselves and friendships formed.* **Gerry Sidhu, PE teacher, Blatchington Mill**

### Top five testimonials from businesses

*Easily the most inspiring experience of my life. Keep it up.* **Kieran Chand – Engagement Leader – Hastings Direct**

*Be the change impacted me in a positive way and encouraged me to reflect upon my own life and make changes that matter. My mentee has made some great changes and be the change has opened his eyes for the future and recognise his own strengths.* **Kerry Baker, Hastings Direct**

*Be the change is AMAZING! I'm so proud of my students and they've come so far over the last year! They've also really inspired me. It's a wonderful thing to be part of.* **Rachel Lister, Hastings Direct**

*As soon as we heard about the Be The Change programme we wanted to get involved. It has been great to work with some really inspiring school children across Brighton on building their confidence and creating aspirations for the future. A truly great initiative and we are proud to be part of it.* **David Reynolds, CFO, Brandwatch**

*It was such an honour and privilege to be part of this and I felt like a changed person having taken part in this programme. Reflecting back on the day, I feel I can be a better mother, and a stronger person more confident to make positive changes both personally and professionally. It is fantastic to see that Legal and General is involved in such a life-changing programme, helping young people who will shape our community in years to come.* **Katerina Keaveny, Legal & General**

*Be the Change has been a brilliant, rewarding and challenging experience. The impact of the programme on the students was clearly visible at our last meeting and it is amazing to think that by giving up a small amount of time we have given a young person the confidence and courage to feel happy and optimistic for their future.* **Carlie Cheall, SHW**

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#### General student testimonials

*It has been the biggest help and it's helped me build my confidence. I now realise there is more to stupid comments toward me and I can push them out of the way to focus on me.*

*This programme is life changing and I wish more and more people can take part and get something from it.*

*I have changed to be more loving of myself and my body. I have changed to be less judgemental of people. I have learnt that I am the driver of my life and I should start taking charge of it.*

*I've had a change of perspective on how I react to different people and my personality towards them, therefore I'm beginning to become more polite to my peers and had an increase of self-confidence.*