

Level Up

Impact Update

This year, our focus has been on further broadening the reach of Level Up to new populations of young adults.

We're very grateful to our existing network of partners who have helped us in identifying new organisations to collaborate with.

These include Living Proof, Animate – Agents of Change, BACB and Greenpeace.

Our aim is to support 1000+ young adults in 2023 and we still have a little way to go to reach that target.

We're building new partnerships and our social media presence to better reach young people directly.

We hope to be celebrating hitting that huge milestone in our next update.

Thank you for supporting us
on our mission 🚀



150
Young people
2020

350
Young people
2021

500+
Young people
2022

1000+
Young people
2023

The numbers so far

655

People have engaged and registered for the coaching experience

9.2/10

How likely would you recommend coaching to a friend?

Level Up sessions at a glance

3

Avg Programme Length in Months

60

Avg Session Length in Minutes

75

Current active coaching relationships

The young leaders we reach

67%

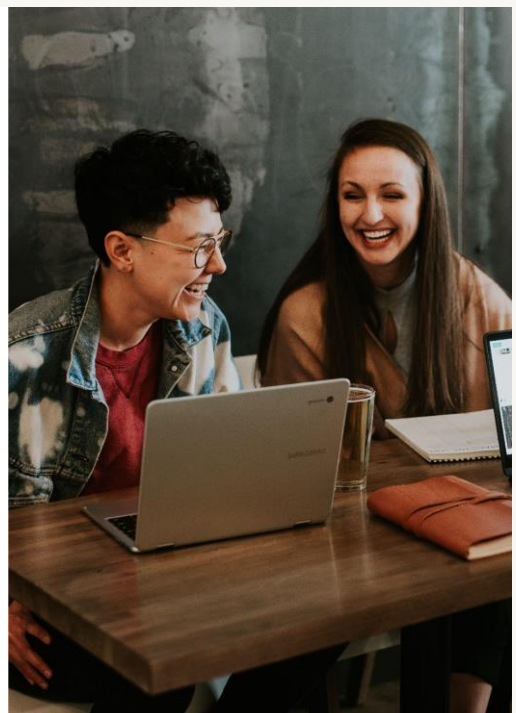
Of coachees identify as female

26%

Identify as male

5%

Not specified



Development themes and the impact of coaching

Clarity

Out of 10, how **clear** are you about the steps you need to take towards achieving your goals?

Before
5.3

After
8.1

Wellbeing

Out of 10, How would you score your current level of **wellbeing**?

Before
6.3

After
8.1

Before
5.7

After
7.9

Confidence

Out of 10, how would you score your current level of **confidence** at achieving your goals?

Before
6.6

After
7.9

Strengths

Out of 10, how would you score your current understanding of your **strengths**?

"I was successful in a job interview due to the coaching."

"I feel more confident in helping myself to decide that is the right decision."

"My coach challenged me to rethink many preconceptions I had about myself and my future, and to reframe these in a more positive and constructive way. This has enabled me to work on flexible planning for my future university and career ambitions realistically and effectively."

"I wasn't sure what to expect before beginning coaching but I was very pleasantly surprised at how much of an impact it had on my self confidence and the way I approached sometimes quite challenging tasks in my life. It has really helped me to develop so for that I'm very grateful to my coach."

"Coaching has really improved my self belief. I am also more knowledgeable about what exactly my goals are."

"Increased self confidence, changes to daily routine, better understanding of self."

"The experience of having someone asking you questions and push you to be better is priceless."

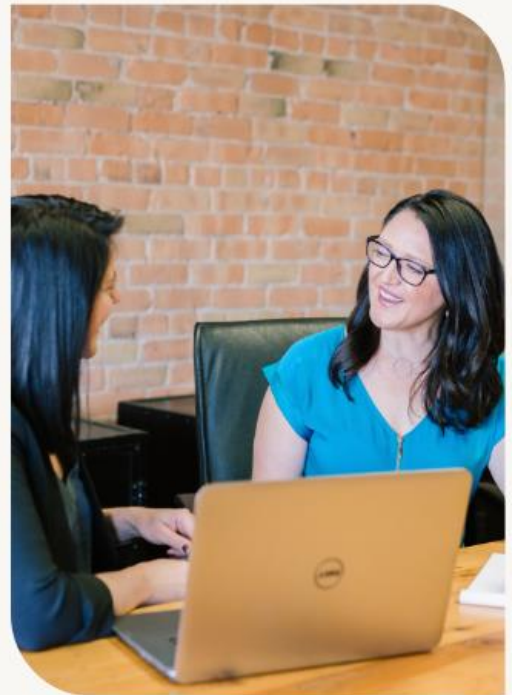
"Getting an internship with the White House Historical Association in Washington DC!"



To make 'Level Up' possible and provide free coaching to young people everywhere we provide coaching and mentoring services to companies.

From 1:1 coaching to coaching skills training and even hosting your internal coaches on our platform, we can help you embed coaching and mentoring into the DNA of your company culture.

If we can help you with your coaching and mentoring, [book a call here](#) or email at connect@knowyoumore.com



Keep up to date on what we're up to via our socials @kymcoaching



..and of course, continue to share our **FREE COACHING OPPORTUNITY** with your network

Have you heard about our free **personal leadership programme** for young adults?



Level Up is designed to help you build confidence in your own skills and strengths and explore new ways of applying them to your career, study, and life.

Level Up supports you to...

- ◆ Set and achieve goals ◆
- ◆ Manage stress and nurture wellbeing ◆
- ◆ Navigate change & challenging situations ◆

Learn more and sign up at www.knowyoumore.com/levelup

Level Up
With Know You More