





Application of C-me to Young People



The starting point for our work with young people is the Launch Report. This behavioural profile is visual, memorable and easy to use. It is a great tool from which to begin conversations about behavioural awareness, effective communication, appreciation of strengths, identification of areas for development and value brought to a team. It also includes an Action Plan.

Using these personalised profiles, C-me can have a positive and lasting impact on a number of areas:

-  **Identity** - Focussing on developing emotional and behavioural intelligence in order to help young people excel at what they do naturally. In a world of unhealthy comparison, what does it look like to celebrate difference and be true to who we are as individuals? Learning to know ourselves and be comfortable in this is foundational for effective development and success.
-  **Learning and Living Together** - Developing self-awareness and learning how to make every interaction with another person positive and life giving. What might it look like to strengthen relationships in a boarding house, grow as a year group, develop a close knit sports team or come together as a voluntary team serving abroad? What room is there for growth in vital life skills such as developing trust and respect, as well the ability to communicate effectively with people different to ourselves?
-  **Well-being and Mental Health** - Reflecting on the triggers of stress, developing resilience and the ability to bounce back from setbacks. Learning to lead ourselves is vital before we can lead others. What would it look like to establish life-giving boundaries that benefit ourselves and others?
-  **Career Choices** – Applies C-me to career choice decision-making and finding a career that is fulfilling and life-giving. What future employment would be a possible ‘best fit’ for particular behavioural preferences? Use the report to gain personal insight before creating a Personal Statement or attending interview.

“C-me helps reinforce that there are certain qualities that do not always appear as valued and this gives all people permission to build on their strengths rather than try to be what they ‘think; is expected of them”

Isobel George – Assistant Headteacher (Backwell School)

“I have learned my strengths and things I need to work on. I have learned how I differ to other people”

Pupil, Beechen Cliff School

