

**Everton Football Club – NCS Training**  
26<sup>th</sup> and 27<sup>th</sup> April 2018

**Impact Report**



I sometimes dread training days but  
you've made everyone feel comfortable  
and confident enough to open up,  
be honest about personal things +  
genuinely enjoy themselves today.  
I feel like I've learnt a lot - thank you! ❤️

Today has been the best  
training session I have been  
to. The activities were  
fun, engaging &  
built my self confidence.

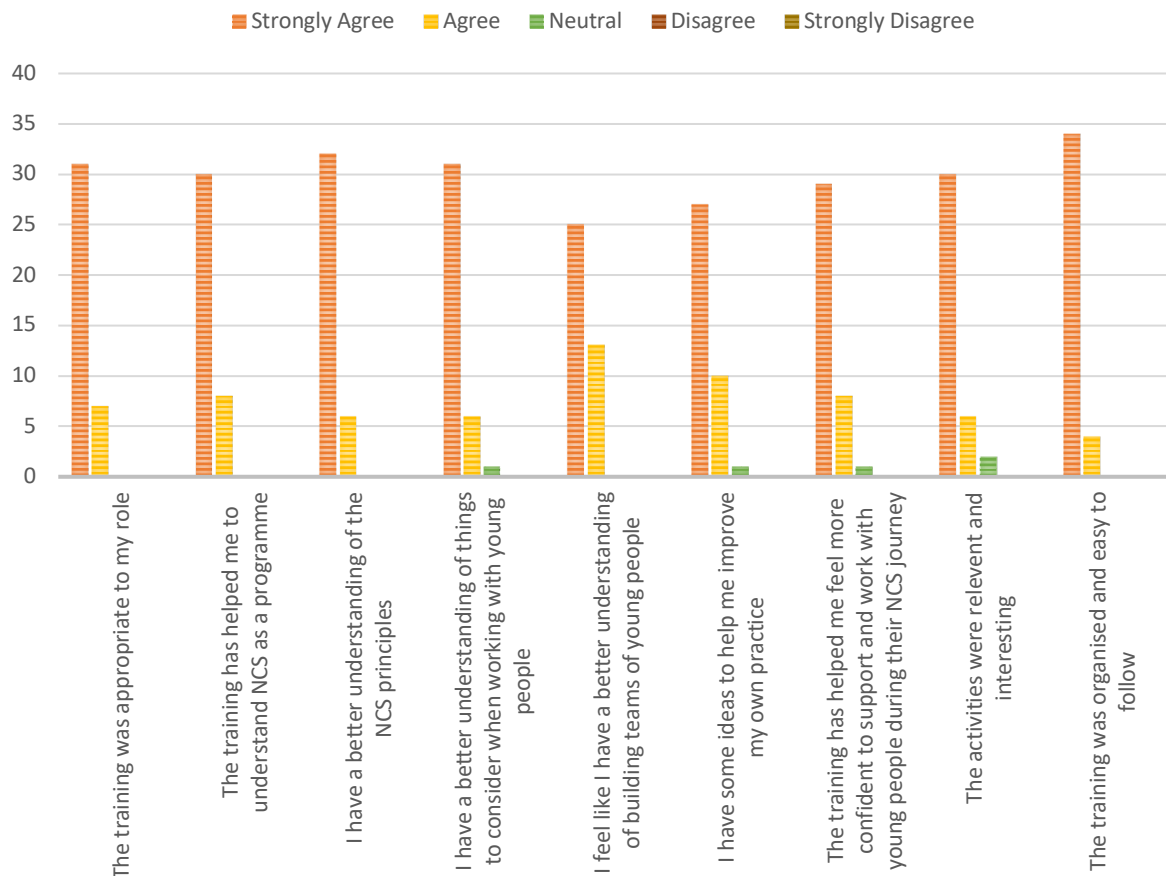
## Objectives:

- Understand the Key Principles of the NCS programme.
- Develop skills needed to be a good Leader on the NCS programme
- Understand the fundamentals of guided reflection.
- Provide opportunities for team to bond and support each other during the NCS programme

## Hopes from staff before the training

- Range of activities to help young people have fun and feel confident
- To feel like I can be a good leader/assistant
- Gain ideas of activities to do with young people on NCS
- Get to know the team
- Learn how I can help someone to develop their own confidence levels
- Meet others who have experienced NCS and learn about it from them
- Learn something new, new teamwork games
- Build teamwork within the group
- Make some new friends
- Learn new skills to allow me to be an affective assistant leader
- Learn different techniques to include different personalities
- Learn different ways to deal with conflict
- Refresh my knowledge
- Build up teamwork skills
- To learn skills and knowledge that can be used with young people
- The power of debrief
- Win a prize
- Get ideas of activities to do on the first camp
- Feel confident to lead in the summer
- How to deal with problems in the group
- Have fun
- Find out what NCS means to the young people not just the staff.

## STAFF EVALUATIONS



### Feedback from Staff

- Today has been the best training session I have been to. The activities were fun, engaging and built my self-confidence.
- I liked how the training was broken with games in between long talky parts. Kept us engaged and energized, which is what we want to achieve with the young people.
- I sometimes dread training days but you've made me everyone feel comfortable and confident enough to open up, be honest about personal things and genuinely enjoy themselves today. I feel like I've learnt a lot – Thank you.
- I think today was very good. Leaders kept us all engaged, and games broke up the session.
- Engaging and interactive – enjoyed the day!
- The day was paced at a good speed – maybe change groups more often so people can get to speak to more people.
- Really good day.
- The session was great, I felt welcomed as soon as I walked in. I learnt that my teammates don't judge me. I felt comfortable.
- The best training day I have been on, it was fun and enjoyable and a great PowerPoint.
- The training has been enjoyable and has helped me gain new skills; communication, teamwork etc. I have learnt new skills and met new people that I will stay friends with for NCS in the summer.
- I usually dread these types of session but today was enjoyable and confidence building.

- Today was good because I was able to get comfortable with the people I will be working with.
- Today I have learnt a lot and enjoyed the day. I also met new people.
- I really like how engaging it is and being able to do some activities.
- Very engaging and made it fun and enjoyable.
- Games and icebreakers helped to break down cultural barriers etc.
- I have learnt the principles of NCS – CRISIS
- Confidence, support, activities, positive outlook, working with a range of personality types. I loved it all!!!
- Great use of resources not just PowerPoint. Brilliant energy throughout – kept us all engaged. Use of personal experience and knowledge very beneficial. Looking forward to next time. Thanks so much you're great!
- I have enjoyed the activities – they have been engaging and insightful. Course leaders have been very friendly and approachable.
- Really good training. I feel more confident in delivering NCS. I took useful information home.
- I have more confidence in my ability.
- Training was engaging, I enjoyed the rope thing and I liked the acronym CRISIS for the NCS principles.
- The two instructors delivered a great day and I am thankful for the experience.
- Training was very engaging and informative overall an enjoyable day.
- The instructors have expanded my views and knowledge on building a good team.
- TEAM is key, this training makes the team.
- I have learnt that everyone's comfort zones are different.
- I really enjoyed the activities, they made training more interesting.
- Training was fun, engaging and insightful. Loved it even more than last year. I loved how it pushed me more than last year by dancing! Thank you for a great day!


### Summary and Actions moving forward

- Staff felt that the activities helped them to understand how the young people feel during the NCS programme, which in turn will help them to support their team.
- Staff particularly enjoyed the opportunity to bond as a full staff team and get to know who they will be working with
- Returning staff felt they would benefit from a separate training day to refresh their knowledge and delve further into their role on NCS as mentors to the newer team members.
- Based on observation, it would be recommended that the new staff receive two full days training in order to not only absorb the level of knowledge required but to bond with their colleagues and take part in the activities which can be used with their team.



Power to be is Social Enterprise

[www.thepowertobe.co.uk](http://www.thepowertobe.co.uk)

 @Insial

#PowertoBe