

ABOUT ME

This form helps you share information with your coach/teacher about what can support you in your community program, including:

- what motivates you to participate in the program
- your strengths
- how you manage any challenges you experience when participating
- what supports your coach, teacher or program could provide.

Name:

Preferred Name:

I am participating in this program because:

Some of the relevant skills and strengths that I already have are:

Some of the things I am yet to learn or achieve are:

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Something I can sometimes find challenging is:

My personal strategies for managing this are:

You could support me by:

You can access more information or supports from here:

An important note for program leaders:

This information should be treated confidentially, and only shared with others with the consent of a young person. Thank you for all you do to encourage and mentor young people – your positive belief in a young person's ability to achieve their goals makes a huge difference.