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| #CreateYourFuture  |
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This week’s theme is **You and Your Needs** and you’ll take part in activities from Youth Employment UK’s online [**Young Professional**](https://www.youthemployment.org.uk/employment-help-young-people/choices/online-skills-and-careers-courses/) programmes and explore extra resources and opportunities to build you knowledge and understanding.

The activities that we will cover this week include:

* Considering your strengths, weaknesses, opportunities and threats.
* Exploring where you are today, your barriers, where you could be and where to get help.
* Understanding how to take better care of your emotional wellbeing feel more confident in decision making and goal setting.

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| To get started, take a look here at [Week 1 intro + activities list](https://www.youthemployment.org.uk/create-your-future-week-1-you-and-your-needs/) |
| Then have a go at [Week 1 Young Professional Activity](https://www.youthemployment.org.uk/create-your-future-week-1-pick-one-thing-you-need-and-focus-on-it/) |