Introduction to Dame Kelly Holmes Trust

Emma Atkins & Dame Kelly Holmes
<Play Athens Film>
Dame Kelly Holmes
Founder and President at Dame Kelly Holmes Trust
Our Vision

YOUNG PEOPLE AND OUR ATHLETE COMMUNITY ARE HEALTHY, CONFIDENT AND ABLE TO DETERMINE AND ACHIEVE THEIR OWN ASPIRATIONS.
Our Mission

WE GET YOUNG LIVES ON TRACK BY USING WORLD CLASS ATHLETES TO EMPOWER YOUNG PEOPLE FACING DISADVANTAGE TO REALISE THE ATTITUDES THEY NEED TO FULFIL A POSITIVE LIFE.
FOCUS
The ability to pay particular attention to a specific goal whilst utilising and developing the appropriate skills to gain a desired result.

RESILIENCE
The ability to bounce back from adversity and to cope with life’s inevitable obstacles.

MOTIVATION
The level of desire the young person has to achieve their goals characterised by productivity and engagement.

CONFIDENCE
Belief in ability to achieve goals and characterised through the development of a genuine sense of self-worth as well as an overall feeling of optimism about life.

DETERMINATION
The ability to set goals and make choices, to be assertive at appropriate times and to display resolve in the achievement of a goal.
<Play Dame Kelly Holmes Trust Film>
Emma Atkins
CEO at Dame Kelly Holmes Trust
Our athletes accelerate and amplify five attitudes in the young people we work with:

- Focus
- Resilience
- Motivation
- Confidence
- Determination

Positive Life

- Sport and Physical Activity
- Training and Education
- Volunteering (Increasing Social Capital)
- Employment
- Being Healthy
- Achieving in Education
- Involvement in Meaningful Activities
- Career Success

Dame Kelly Holmes Trust
Localism

Partnership

Multi-sector Collaboration
WARM UP
Series of recruitment sessions engaging and educating young people about the programme.
RECRUIT
1 month

ON YOUR MARKS
Three sessions led by our highly trained athlete mentor team focusing on teambuilding and confidence.
SESSION 1 - 3

GET SET
A series of sessions led by athlete mentors; community volunteering challenges; sports participation and supported employment experiences.
SESSION 4 - 15

GO!
Celebrating achievements of young people. A networking opportunity for young people, employers, and training, education and sports providers.
SESSION 16

KEEP IN TOUCH
Ongoing mentoring support for young people; support into employment, training and sport.
BEYOND
1 year

DAME KELLY HOLMES TRUST
AMBITION 2020

TO EMPOWER YOUNG PEOPLE FACING DISADVANTAGE (IN ALL AREAS OF THE UK) TO ADOPT THE HIGH PERFORMING ATTITUDES TO MAKE POSITIVE LIFE CHOICES THROUGH THE SUPPORT AND INSPIRATION OF WORLD CLASS ATHLETES.
<Play Nathan Case Study Film>
For more information visit

www.damekellyholmestrust.org