

# SMASH LIFE

"OVERCOMING LIFE'S HURDLES TOGETHER"



## WELCOME PACK

OUR MENTORING SERVICE • YOUR MENTORING SERVICE

# WELCOME TO SMASH LIFE

We'd like to welcome you to the Smash Life Mentoring Service and tell you a little about what we do.

You may have been told about our service and have lots of questions about us, which is totally normal. Starting anything new can be a little nerve racking, so we want to try and give you as much information as we can before you start your exciting journey with us. Allowing you to relax and look forward to it!

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## WHO ARE SMASH LIFE?



Smash Life was set up by two brothers; Andy and Matt, who were placed (and grew up) in the care system. As they got older Andy and Matt wanted to help people who needed support, as this was something they felt they didn't have and really needed when they were younger. Smash Life now have a team of mentors who want to listen and help support people who may need it.

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## HOW CAN SMASH LIFE HELP ME?



Smash Life understand that life isn't always great. We all face challenges which can make us angry, sad, confused and leave us with lots more questions about how and why certain things or events may have happened to us in our lives.

### A SMASH LIFE MENTOR WILL:

- ✓ Listen to **you** and your point of view.
- ✓ Highlight **your feelings** and wishes so they can be heard in any meetings you may not want / can't attend or put your point of view across in a mature way to other professionals.
- ✓ Set personal Goals with you to work on so you feel more confident to be able to deal with lifes' challenges as you get older and grow / mature.
- ✓ Have Fun with you .
- ✓ Inspire you to believe in yourself and your dreams for your future.
- ✓ Remind you that nothing worthwhile comes without hard work and some failures along the way.
- ✓ Share with you some of their life journey and how they dealt with problems





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### HOW LONG DO THE MENTORING SESSIONS LAST?



Smash Life Mentoring lasts for ten weeks . Over ten weeks, you will see your mentor for one hour each week. Your mentor will arrange an appointment to see you once a week for an hour usually in or outside of school. This will usually be the same time every week.

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### WHAT WILL WE DO?



When your Smash Life Mentor meets with you they will find out what you enjoy and if its possible you can include this into your sessions with them.

#### EXAMPLES OF ACTIVITIES WE DO IN OUR MENTORING SESSIONS INCLUDE:

- ☆ Sports
- ☆ Art
- ☆ Music
- ☆ Games
- ☆ Fun in Nature
- ☆ Coaching
- ☆ Goal Setting
- ☆ Talking
- ☆ Listening
- ☆ Walks
- ☆ Fun Worksheets

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### WHAT INFORMATION WILL BE SHARED?



Your Smash Life Mentor will have to write a report after each session to send to all the other professionals in your life to tell them how well you are doing. This can be really positive because we can share your thoughts and feelings about how you see your life and the things going on within it. This can help change things for the better!

We always try to find the positives in every person we meet, we are not here to tell you off however we are here to keep you safe. If you do share anything with us that puts you or others in danger, we have a legal duty to share that in our reports.

You are our priority, this time is for you and we want to see you do well and feel happier!

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## WHAT HAVE OTHER YOUNG PEOPLE SAID ABOUT SMASH LIFE MENTORING?



We have had a great response from the young people who have benefitted from our Mentoring Service: Below is a selection of feedback that we have received:

“Thank you Smash Life for helping me through the darkest times of my life, I seriously can't thank you enough. I don't think I would be alive today without your help! Thank you.”

“Since I have seen you I am not arguing with the teachers, it's good to know someone has been there and understands.”

“Thanks for everything you have done for me I really do appreciate all the time and effort you put in for me and I would not be the person I am today without you and Smash Life.”

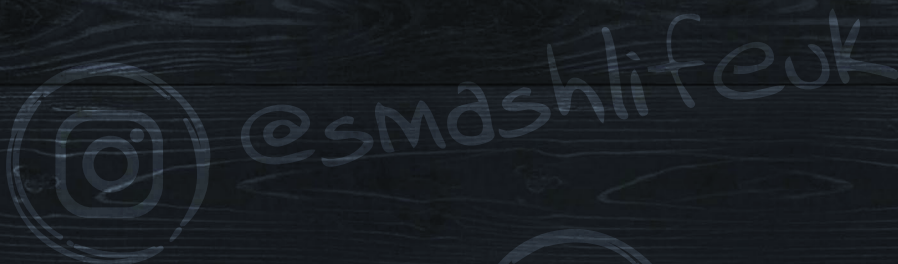
“You have made me look at life in a different way and see there is potential out there for me and I can be successful in my life”

“I really can't thank you enough for all the advice and the help you have given me . You have made me more confident in myself. You have pushed me out of my comfort zone. Thank you so so so much.”

## WHERE ELSE CAN I CHECK YOU OUT?

Smash Life has a website where you can read more about who we are and what we do. Visit us at: [smashlifeuk.com](http://smashlifeuk.com)

If you are allowed on social media, we are active on Instagram, have a Youtube channel, as well as other Social Media pages. We always try our best to post positive and motivational stories and posts to our followers. You can find, follow / subscribe to us at the links below:



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