

**EMBRACE
COOPERATION** LTD.



All About *LifeDreams*

Embrace Cooperation

Embrace Services:

It's All About LifeDreams... Embrace offers young people and professionals pathways to fulfil their professional and personal ambitions through exciting and innovative tailor-made projects and initiatives nationally and internationally. We have been in existence for 10 years with our headquarters in London and a branch in Burnley (Lancs) which we opened in 2010.

Embrace's dedicated and professional team is committed to life-long learning and supports all participants in meaningful and effective ways. Our team represents the diversity of the communities we serve and we offer great training and development opportunities to staff and volunteers.

Our approach to individuals and groups is holistic as we support the whole person in their personal and professional growth. The projects are often experienced by our participants as the catalyst for change. Our dedication to nature and environmental issues is reflected through community engagement projects and new technologies.

LifeDream Schemes:



The LifeDreams4All project is based on the lack of achievement and low participation of young people in VET and/or mobility programmes from disadvantaged backgrounds (e.g. from deprived socioeconomic backgrounds, BMIs, refugees, job seekers and those with learning difficulties) on an European level.

Our slogan *'It's all about Life-Dreams'* defines our overall objective very clearly in supporting young people in their pursuit to achieve their professional and personal goals. Over the years we have developed a modular structure to deliver this scheme integrated in all our national and international programmes fostering learning and achievement of young adults.

Many young people are going through challenges in their life or have experienced great obstacles in the past such as unemployment, learning difficulties, domestic discord, homelessness and displacement or

simply feeling lost about what they could do with their lives which makes sense to them. LifeDreams is a programme designed together with young people to support individuals find out what they really want from life and how to get it.

It is a way of discovering what one would like to gain from their life and fostering trust in one's self by experiencing that it is possible to fulfill their dreams....step by step in practical and manageable way.

The schemes offer them tools to face challenges in a meaningful and confident way, experience independence, cooperation, support and friendship with their peers at the same time. It is core to our work and contributes to the high success rates of integration, inclusion and rehabilitation of young people going through our programmes.

Based on Embrace collective ethics, vision and practice; everyone working and volunteering for the organization work on their individual life dream so that whatever we share is real and authentic. Therefore we provide an atmosphere of kindness, respect, acceptance, understanding and encouragement for everyone who comes to embark on this challenging journey to be the best they can be. A lot of perseverance, determination, focus, self-discipline and tolerance is needed in conjunction with the appreciation that there is a whole network of support available from Embrace whenever they need it.

The LifeDream Scheme is an empowering and youth-led approach to find one's own strength, foster abilities and specialties, understanding and dealing effectively with one's barriers and obstacles and set targets and make practical plans for the future. It provides various avenues of potential solutions and how to go about in a grounded way.



We use methods of experiential learning through interactive workshops and activities, reflection techniques, expression via interactive media/ performing art, peer sharing, peer mentoring, professional mentoring, field-trips, challenging tasks such as presenting and speaking in front of groups in one's mother tongue and/or the language of the host country and finally to sharing one's LifeDream with others so that it will happen.

LifeDreams4All Project:

The overall aims and objectives of the holistic LifeDreams4All project are to increase adoption of the LifeDreams scheme (skill-based work placement with tailor-made personal development programme). As the scheme has 3 levels (preparation phase/ placement phase and placement bridge phase) it affects sending and hosting organizations equally and maximizes the effect by them working together using the same methods. Through close cooperation of the organizations who will be trained and licensed in this scheme the number of mobilities will increase from this target group from all countries involved as sending and hosting under this scheme will be very safe and successful with all.

The intangible outcomes will be greater confidence for VET training providers (e.g. colleges) to send their disadvantaged students within the scheme to associated and trained partners/host organisations. Other outcomes include:

We envisage that our project will be the ideal starting point for contributing significantly to the overall participation in mobilities through inclusive and holistic placement schemes including disadvantaged youth (e.g. with supported learning needs/ learning difficulties/ ethnic minorities/ from socioeconomic deprived background and in rehabilitation such as addictions and ex-offenders).



Professionals/trainers will gain new skills as our approach is totally inclusive by accommodating young people with the highest needs we automatically create a system which is supportive for all.

Having this service and placement provisions in each country will create the network where young people can blossom, learn and achieve whilst in VET and going on international placements irrespective of their special needs and the potential limited resources of colleges/families. It has the potential to empower professionals and students alike in the most practical, tangible and authentic way as it supports the LifeDreams of new generations and their elders (e.g. teachers, social workers, carers).

It shall contribute to a positive and empowering image of the European youth who use tools of self empowerment to achieve their potential, strengthen their character with a sense of responsibility for the self and for this world. It would contradict the negative and very often discouraging image of young people failing, underachieving and falling into self-destructive behaviour.

Past Events:



Professional Exchange Balıkesir, Turkey



Burnley branch opening ceremony



LifeDreams event in Balıkesir, Turkey



Professional Exchange Berlin, Germany

Embrace Schemes:

Embrace Holistic Placement & Exchange Programmes

We offer national and international placement programmes for people in initial vocational training, graduates and job seekers as well good practice exchange programmes for professionals working in the field of training and labour market integration. Our programmes are inclusive and tailor-made and we work with people with various abilities and needs.

Embrace Training

We offer tailor-made training programmes for young people and professionals in the fields of Personal Development, Motivation & Fostering Achievement, Mentoring, Coaching, Environment, Renewable Energies, Entrepreneurship and Social Enterprising.

Embrace Environment

We offer tailor-made and community based environmental projects covering the area of conservation by sharing traditional skills and knowledge as well raising awareness and alertness of how to support the environment and take an active part in protecting it. We work with children, young people, adults and professionals on these projects.



Embrace Social Enterprises

We offer accommodation and subsistence for our international and national visitors in our guest houses. We also offer sustainable maintenance work with training opportunities for young people within a team of professional craftsmen and trainers and we support young people to set-up their own businesses.

Holistic Placements Schemes

All our programmes are bespoke and designed with our partner organisations to the needs and requirements of individuals or participant groups.

Target Group:

1. People in initial vocational training & apprenticeships
2. College Leavers
3. Graduates
4. Job Seekers
5. Trainees and people in apprenticeships
6. People in reintegration programmes e.g. with supported learning or physical conditions

Outcomes:

Improved vocational/ professional qualifications & enhanced access to the national and international labour market through:

1. National and/or International Work Experience
2. Placement Reference
3. Placement Certificate
4. Placement portfolio & Placement Blog
5. Identification of goals and pathways to achieve it with the support of the LifeDreams Project

Phases:

1. Preparation Phase

- a. National: with Embrace
- b. International: with sending organisation from abroad

The preparation programmes cover language & communication skills for work, culture, specific industries of professional interest and so on

2. Placement Phases

- a. 2- 5 days: Induction days with Embrace
- b. 4 days per week: individual placement with learning agreement
- c. 1 day a week:
 1. Language & Communication, Skills for work
 2. Relevant placement skills & knowledge,
 3. Individual LifeDreams project & presentation,
 4. Practical career development & mentoring
 5. Contributions to project blog to aid participants
- d. Final LifeDreams Presentation
- e. Celebration of Achievement, Placement

Opportunities:

Embrace offers placements in the following areas:

1. Crafts & Construction
2. Catering
3. Tourism, Leisure & Sports
4. Community Work
5. Retails & Sales
6. Education & Training
7. Office & Finance Work & IT
8. Media & Creative Arts
9. Child Care & Youth Work
10. Environment
11. Renewable Energies

Placements are local or are in the surrounding towns and are easy to reach either on foot, by bus or train.



The LifeDreams Project as part of holistic placements

We give participants the opportunity to discover what they really want from life through interactive workshops and experiential learning as part of our holistic work placement scheme

We invite them to discover:

1. Their unique qualities and Specialities to utilise for their career choice
2. Their potential and how to use it in this context
3. Their potential barriers and how they can overcome them in a meaningful way
4. Their goals and plan for their LifeDreams journey

It's every participants choice how much they use this unique opportunity. Their final presentation will give them the zeal and enthusiasm to manifest what is important to them. We have been given various awards and recommendations base on this scheme.

Contact Details

If you wish to learn more about the project and how it could be useful for your organisation, please feel free to contact us:



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