

## The Personal Best Programme is an enjoyable and flexible way for you to:

- learn better ways to help and deal with people
- get to know about safety and what to do in an emergency
- have an introduction to using a computer
- work as part of a team
- take part in volunteering in your local area
- increase your self confidence

## You will be given lots of support during and after the programme, which can lead to:

- a Level 1 qualification\*
- a better chance of getting a job
- more training
- the chance to become a London 2012 Volunteer

The Personal Best Programme is for people who are not in work or education, but would like to gain opportunities to volunteer in their community and at the same time improve their skills and chances of getting a job.

\* Level 1 is an entry level qualification

For further information on the Personal Best Programme please contact:

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This project is funded by:



# personalbest



## Realise your potential today

Joining the Personal Best Programme is your opportunity to learn new skills, gain a qualification and get support looking for jobs.

If you successfully complete the programme you will get a guaranteed interview to become a London 2012 Volunteer.

Join up today and achieve your personal best.





“I have no qualifications... this course has been much more helpful than any other course I have been on... it has made me push harder for what I want.”

Nick, 21

What opportunities can the Personal Best Programme offer?



learn alongside others



help at events



teamwork



Games Time Volunteering



meet people

Join the Personal Best Programme and achieve your goals:

- the chance to gain new skills
- achieve a nationally recognised qualification
- a guaranteed interview to become a London 2012 Volunteer
- receive advice on further learning and training
- help with looking for jobs
- get involved in local sport and cultural activities
- a great way to meet new people, make new friends

Games Time Volunteering – a real life experience!



I love having fun! When I had the chance to volunteer at the 2006 Winter Olympics in Turin I leapt at it and wasn't disappointed. I worked for five weeks in the Olympic Family Transport Services Team. I worked with people of all ages with different backgrounds and experiences and I learned a lot about other cultures. I also got to see some of the amazing sports competitions. I learned a lot, really had fun and now have a job in transport. Volunteering at the Games was the best thing I've ever done and I would totally recommend Games Time Volunteering to everyone; an experience of a life-time.”

Claudine Ratnayake, Volunteer, 2006 Winter Olympic Games, Turin