

TORCH

youth

www.godsgracefoundation.org

Are you ready to work?

7 ways to manage anger

**Plus tips on confidence
building, developing good
manners and lots more.**

A letter from the Director

Dear future leaders,



Welcome to the first annual issue of Torch youth, the magazine for youths by God's Grace Foundation filled with inspiring articles and information just for you. From articles on how to develop good manners to how to develop enterprise skills and why being happy is just good for you, we've got it all covered here.

As you know at God's Grace Foundation, our aim is to help you create an attention-grabbing future. We've tried to achieve this by running workshops and events to challenge, motivate and inspire you to strive for greatness. Thanks to an Awards For All grant, we've organised personal development workshops for over 100 young people this year. Our programmes have focussed on building self esteem, developing good social skills, understanding and managing feelings and making right choices in life. And the feedback we've had from you and others who attended has been encouraging.

The public speaking workshop in particular certainly got people's attention. Great speakers don't happen overnight; it takes practice and a lot of confidence building and through the workshop we focused on helping people develop the confidence to speak in public with ease and presence. For public speaking tips, see page 7.

So what's the big deal about etiquette? Well, if you were at our etiquette workshop, you'd have most certainly picked up a thing or two about developing the confidence and poise that comes with the knowledge of good etiquette. For more on etiquettes, see page 3.

Now talking about anger, do you find that sometimes it can be difficult to control your anger especially when someone has made you so mad that you're fuming? We recently ran an anger management course to help people focus on how they can understand and control angry responses. If you missed that session, just head on over to page 6 for a brief recap.

Were you one of the candidates that attended our enterprise workshop? If you did, you'd have learned a thing or two about how to develop the skills and knowledge needed for the world of work. The speaker Angela Ferrari has done an article on developing enterprise skills

and you'll find this on page 4.

I hope you managed to attend one of our personal development courses. We ran a few to help you become a better you. It can be pretty hard to convince other people to believe in your abilities, if you don't believe in yourself and the courses focussed on the importance of believing in yourself. The core focus of our work is to help you believe in yourself so that you can fulfil your potential to the fullest.

We plan to run more workshops and activities in 2010 and we hope you'll register your interest for these either by finding us on Facebook (just search for God's Grace or my name) or by sending us an email. We'd love to hear from you so do get in touch and let us know what you think of Torch, what you thought of our events and what we can do better.

Believing in you.

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Torch youth

The annual youth magazine of God's Grace Foundation

God's Grace Foundation (GGF) is a UK based charity working to eradicate poverty through education and personal development.

Torch is the annual youth magazine of God's Grace and it is available free of charge upon request. Please let us know if you'd like to be added to our mailing list or if you'd prefer not to receive any further communications from God's Grace Foundation.

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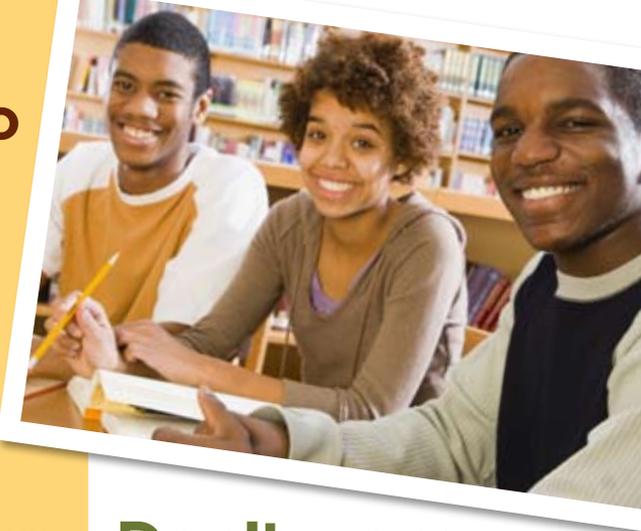


Simple steps to good modern manners

By following my guide to good manners you will be confident and show consideration in every situation that life throws at you.

- A smile goes a long way and it will eventually come back round to you.
- When introducing a friend, use their name and say an interesting fact about them, this makes them a more memorable person.
- Update your Facebook status wisely, you don't want something to come back around and poke you! Remember, your potential boss or teacher could be reading it.
- When you have finished with your chewing gum put it in the bin. As it says on the wrapper 'Chew Wrap Bin'.
- Opening the door for people who are in need of a little assistance counts for a lot.
- When coughing or yawning then remember, 'hand to mouth'.
- Giving your seat up for the elderly, disabled or pregnant can make someone's day.
- Letting someone finish what they are saying shows consideration and that you want to listen.
- If you bump in to someone say sorry or excuse me.
- When you arrange to meet a friend at a certain time, then do so. If you are running late, then call or text them to let them know.
- Remembering please, thank you, hello and goodbye makes everyone's day a little nicer.

By Emily Assinder
Byou.org.uk



Don't worry, be happy

I'm sure we've all heard the saying 'don't worry, be happy' before. Although it sounds easier said than done, there are simple things you can do to help you become a happier you. Here are our five tips for happiness.

- 1.** Be kind to yourself and remember that you're very special and you have something to offer the world. Just believing in yourself and your ability can go a long way in helping you find fulfilment.
- 2.** Exercise more. Being active can really make you feel better about yourself. Walk instead of taking the bus and try and get involved in more sports activities at school or college.
- 3.** Do something creative like drawing, writing or even cooking. It gives you a sense of achievement and can help increase self-confidence.
- 4.** Get involved with your local community. Give your time to help others by volunteering. Helping others is a rewarding thing that will help you feel good about yourself.
- 5.** Don't bottle things inside. If you have problems try and speak to someone about it. A problem shared is a problem halved.

Developing enterprise skills

By Angela Ferrari
www.yelondon.com

HOW READY ARE YOU for the world of work? Do you have the skills and knowledge to get that important job?

Last May a group of young people took part in a Young Enterprise Masterclass. Together they worked as a team to set up a mini enterprise and as well as gaining skills, they had fun.

Young people became business professionals with marketing gurus, leaders, designers and accountants sharing and showing their skills. They discovered that by working together, they got a lot more done and that by communicating effectively with each other and the Dragon judges, they were able to get ahead.

Enterprise skills cannot be learnt but have to be practiced. We all know how we should treat each other and communicate with each other, but we don't always do it properly. We all know that team work is important, but we sometimes find it difficult to listen to others and take on feedback. By participating in programmes like those of Young Enterprise we are forced to enter the real world, even if just for an afternoon, and behave as professional adults, which in the long run will help us develop and get the best job possible.



Two programs. One foundation.



Girlz Empowered

Developing self-esteem, self-concept, body image, healthy relationships, confidence building, leadership, career development and much more.

Boyz Excel

Challenging boys to become responsible citizens of society, focusing on team building activities and discussions on issues that matter.



Find out more at www.godsgracefoundation.org

7 ways to manage your anger

Anger is a trance-like state where our emotions can be hijacked and we can do things we would never normally do. To control your anger, you therefore have to break this trance and bring yourself back to the present.

Here are seven tips on how you can do that:

- 1** Breathe deeply and count to 10 so that you don't act too fast. Breathe from your diaphragm and not your lungs.
- 2** Walk away....change your environment.
- 3** Repeat a calming word - choose a word or phrase that calms you down and use this whenever you get angry to remember things aren't worth it.
- 4** Visualise a scene that makes you happy. Use this when you get angry to take you to a different place.
- 5** Imagine yourself in the other person's shoes - can you see another point of view, however hard that might be?
- 6** Sing a song in your head. Is there a song you can use that makes you laugh or means something to you that you can sing when things get tough?
- 7** Half the time, things really aren't as bad as they seem. Laughing can make bring you back to the present and remind you that things are not always quite as bad as you think they are. Keep your sense of humour handy.

By **Suzannah at AlterEgo**
www.alteregocoaching.co.uk



Express yourself!

How would you feel if you had to stand up in front of an audience and speak? For most people the very thought of it fills them with dread, but the young people at the Civic Centre in Peckham had an afternoon workshop to develop this empowering skill. Samantha Obiorah from SpeakersBank said "the group really listened and took onboard all the tips-they all have the potential to be great leaders, as do all who will work to master this essential life skill." Here are her top tips for speaking with confidence. Why not try them out yourself the next time you have to speak out?

- 1.** Be yourself
- 2.** Make eye contact

- 3.** Structure your speech - have a clear introduction, middle and conclusion
- 4.** Smile!
- 5.** Pace yourself and use pauses
- 6.** Elevate the volume of your voice
- 7.** Use expressive body language-make gestures
- 8.** Keep it simple - stick to one subject and make three points
- 9.** Be enthusiastic
- 10.** Speak from your heart and make it relatable by adding a personal story

The final tip would be to practice. The world needs people that can make a difference...with a little practice; YOU can be one of them.

God's Grace Foundation

-making a difference.

Scholarship programme

Transforming lives by awarding educational scholarships to less privileged children/young people.

Personal development for young people

Equipping and empowering young people through our Girlz Empowered and Boys Excel personal development and mentorship programmes.

Influencing society

Community and prayer outreach for children, young people and families in the UK and abroad.



Find out more at www.godsgracefoundation.org