

## Information Pack

### Empowering & Connecting South Australia's Youth.

Through mentoring, sport, work experience and employment pathways, we open doors for young, positive futures.

#### YDS Mission:

Our mission is to address the opportunity gap and break cycles of disadvantage. Through guidance and employment opportunities, young people gain choices, input and control over their next steps.

Empowering today's youth to feel a strong sense of self-worth, focus and belonging is not just a task, it's our responsibility.

By investing in their potential, we shape a better tomorrow.

Youth Development Skills exists to empower Youth across South Australia to build life and home skills, engage in local sport & community clubs, gain real work experience and step confidently into meaningful employment.

Through tailored one-on-one mentoring and strong partnerships with local businesses, organisations and the community, we create and guide clear pathways that help young people take control of their future.

Shaping brighter futures with positive opportunities one young person at a time.

## Youth Services

Through consistent, safe and practical mentoring and life skills development, young people build the confidence, knowledge and habits they need to live independently.

Our support programs are designed to create pathways for positive relationships, community inclusion and purpose. This strong foundation helps young people gain employment and skills to engage in a positive day-to-day life.

Mentoring &  
Personal Development

Work Experience  
& Placements

Employment Pathways  
& Support

## MENTORING

### Building Skills for Health, Life & Work

We believe that every young person deserves the tools and support to create a confident, independent future. Our one-on-one mentoring helps youth recognise their strengths, interests and hurdles, while working on a structure and routine they need to thrive.

### HEALTH, HOME & COMMUNITY

Alongside work skills, we guide young people in developing essential home skills like cooking, nutrition and home care that set them up for healthy daily living. They're also encouraged to get involved in local sports and community groups that inspire them and match their interests. This well-rounded approach builds routine, connection and a strong sense of belonging.

This includes: H.E.A.L.T.H

- **H**ome organisation - Keeping spaces clean, tidy and work-ready.
- **E**veryday routines - Staying on top of tasks to maintain a healthy living space.
- **A**ctive planning - Shopping for, preparing and cooking simple, nutritious meals.
- **L**iving on a budget - Planning ahead, spending wisely and with purpose.
- **T**ime management - Being punctual, reliable and prepared.
- **H**ealthy connections - Explore interests, connect with others and be apart of something bigger in local sports clubs and community groups.

### WORK READY

We help young people feel confident, prepared and ready to succeed in real work environments.

This includes: R.E.A.D.Y

- **R**esume building - Creating strong resumes that showcase unique strengths, abilities and experiences.
- **E**ffective communication - Discussing relationship skills ready for customer service and team environments.
- **A**daptability - Growing confidence and navigating new comfort zones, experiences, skills and relationships.
- **D**ealing with conflict - Developing conflict resolution skills to navigate challenges calmly and respectfully.
- **Y**our best self - Mastering interview techniques to feel prepared and ready for opportunities coming their way.

## WORK EXPERIENCE

### Placements, Certificates & Training

Our young people gain not just skills – but the self-belief and readiness to step confidently into the world of work. We help them explore what employment avenues that best suit their strengths and interests while finding the most direct path to achieve it.

We include:

- Practice workplace etiquette - understand expectations around behaviour, dress codes, punctuality and reliability.
- Learn how to follow instructions and ask for help - build confidence to clarify tasks, speak up when unsure, and accept feedback well.
- Understand workplace rights and responsibilities - know what's expected of them and what support is available to help them succeed.
- Gain basic time management and planning skills - learn how to balance shifts, study and home life, so they can show up on time and prepared.
- Connect with local employers, training educators and access work placements to gain real experience, training and certifications.
- Practice professional communication - develop email, phone and in-person skills.
- Build self-advocacy skills - learn how to communicate work hour availability, speak up when something doesn't feel right and ask for support if things get tough.
- Learn how to handle setbacks - understand how to bounce back from mistakes or rejection and keep moving forward.

## EMPLOYMENT PATHWAYS

### Opportunity to employment & ongoing support.

Securing meaningful employment is a critical milestone for young people transitioning to independence.

Our program provides targeted, practical support to ensure they are work-ready and connected to real opportunities. We work in partnership with local employers and community networks to guide each young person every step of the way.

We do this by:

- We maintain help-ready relationships with employers who understand and support our youth as they enter the workforce.
- Building lasting partnerships with local employers and community organisations, creating real pathways for young people.
- Explore the best job options, work placement opportunities and traineeships, connecting them with employers and training centres who match their goals in their local areas.
- We teach them how to search for jobs effectively, including reading ads, understanding position descriptions and knowing what to look for.
- We assist with writing job applications, cover letters and online profiles that help them stand out.
- We guide them in setting up bank accounts, tax file numbers and other admin essentials they may need for their first job.
- We stand by them as they face hurdles and challenges, providing guidance and mentoring as they adjust to real workplaces, build new skill sets and expand their comfort zone.

Get in Touch!

If you are looking for support or would like to learn more,  
we are here to help. Get in touch now for all enquiries.

Ph: 0411676305 info@youthds.com.au www.youthds.com.au

## CELEBRATING PROGRESS WITH OUR REWARDS SYSTEM

We know that for many young people, even small steps forward are huge achievements, and they deserve to be recognised. That's why we've created a dedicated reward system to celebrate milestones as they build confidence, learn new skills and accomplish their goals.

Through generous partnerships with local community groups and businesses, we're able to offer meaningful experiences and gifts - from vouchers and event tickets to celebratory activities. This helps young people feel a sense of accomplishment, stay motivated and keep moving forward.

Our Rewards System is designed to recognise these moments of progress in a way that is flexible, inclusive and deeply personal. We don't measure success by a single standard, we measure it by growth relative to the individual. We understand that growth looks different for every young person and there is no one size fits all approach.

These rewards aren't just "nice extras." They're a powerful part of our program. By celebrating both small and big wins - showing up on time, achieving consistency, finishing a training course, attending an interview, landing that first job - we remind young people that their effort is seen, valued and worth recognition.

Let's Work Together!

Do you or your business have something you can offer our Youth to help them stay on track?

Get in touch now to learn more about our trusted partners and sponsorship opportunities to help make an impact in your local community.

YDS Community Members

THANK YOU  
to our dedicated partners  
& sponsor supports.



## OUR 5 PILLARS

YDS is grounded in core principles that ensure safe, respectful, and empowering support for every young person. These principles guide how we build trusting relationships, foster personal growth, and prepare youth for positive futures.

### 1. TRUST - Consistency & Reliability

Many young people have experienced frequent changes in their relationships, structures and environments. Showing up consistently - being on time, keeping promises, and maintaining contact - builds trust over time and leads by example of what healthy relationships and good values are. They need to know we are dependable and they can rely on us no matter how big or small the commitment.

### 2. ACCEPTANCE - Unconditional Positive Regard & Non-Judgement

Journeying through adolescence, youth often carry shame, fear of rejection or a sense they don't belong. Our mentoring offers warmth, genuine acceptance and non-judgement. By being patient, listening and responding to mistakes with understanding instead of criticism, individuals feel valued and accepted as they are.

### 3. STABILITY - Emotional Safety & Care

Youth that have lived with uncertainty, conflict and unpredictability often don't feel emotionally safe. Understanding the importance of creating calm, caring and stable relationships is our utmost importance for nurturing progress and growth. It allows for them to be themselves, share their experiences, express and work through their worries, fears, anxieties and mistakes without fear of judgment or punishment.

### 4. SUPPORT - Empowerment & Shared Decision-Making

Young people thrive when they feel a sense of control over their own future. Our mentoring is collaborative - not top-down. Encouraging and assisting them to plan their own goals, explore their strengths and interests, and empowering them to make good choices builds confidence and ownership.

The goal is to be a trusted partner along side them in their journey.

### 5. GROWTH - Hope & Future Visioning

Many young people with tough pasts and challenges struggle to believe their future can be different. We help them see hope, explore and build a vision of possibilities and set realistic goals towards it. Helping them see a future they can look forward to builds confidence in their self belief.