

c a s e s t u d y

“I couldn’t even speak in class before I came here”

Harry*, age 15, came to asphaleia training in Worthing with high anxiety and very low confidence.

His attendance at school was low and he found it very difficult to enter classes. He was often late to class due to his worry and could not go into the classroom when other students were already there because of the fear of them judging him. He was also unsure of his future goals and was lacking motivation.

When Harry was in classes he was extremely nervous and could not speak up when asked a question by the teacher. He felt like his throat had closed up and was not physically able to say a word. When Harry didn’t make it to class he would go to Inclusion and Learning Support (ILS) for the period where he would try and keep up with his work.

Harry joined asphaleia project ON2 and started attending small group sessions. These involved creative media, independent skills and activities. Harry also had one-to-one mentoring with his Project Worker, who worked with him on communication, body language and interview skills to support him in speaking in a social situation. During mentoring, Harry also explored his options for when he leaves school and researched mechanics courses.

Over the course of 12 weeks, Harry’s confidence has greatly improved and he feels able to speak in his ON2 group. He has also made friends at asphaleia and enjoyed participating in group activities. He is now entering all his classes at school and is able to stand up for himself. He feels great about his achievements and has greatly improved his confidence in all areas of his life. Harry now has a clear goal for his future – to work as a mechanic, and he is empowered to achieve this.

If you want to support the potential support of a young person please contact us on 01903 823546.

**name has been changed*

