



LINKLIVING'S SPORTING CHANCE

LinkLiving and Gold & Gray's Soccer Academy are running a unique 8-week programme combining the personal development needs of young people with health and fitness.

We use physical activity and self-help techniques to support the young people we work with to make changes that matter to them.

The programme is open to young people aged 14-17 years old, living in Edinburgh.

The aim of Sporting Chance is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Develop positive behaviours
- Identify and work towards their ambitions
- Increase in confidence and self-esteem

The training includes the following and LinkLiving cover lunch and travel costs:

- The opportunity to work towards and complete SFA Coaching Badges
- Specialist football training delivered by Golden Grays Soccer
- Learning new skills that will support you for the future
- Developing skills to manage stress and anxiety
- 1:1 support

Sporting Chance starts on Monday 20 June, running every Monday and Tuesday from 10am-3pm, at North Merchiston Club, 28 Watson Crescent, E11 1EP.

LinkLiving's Sporting Chance is run with the support of:



To find out more or to book a place, please contact Link Academy:



01324 466860



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