

## The Benefits of LIFT for Students

### Leadership Development

- Empowerment Leadership and Responsibility to become a better leader – every student learns that they are leaders and can have a positive influence on those around them; online, among friends, playing sports and in school.
- Increased adaptability and innovation.
- Team building – over the 8-week roundtable programme, the groups build trust and friendship – leading each other.
- Peer-based – this further empowers the students in their personal leadership journey.
- Peer-Mentoring between TY and 2<sup>nd</sup> years – trust-building and positive influence on school community.

### Personal Development

- ❖ Deeper understanding of what personal leadership really means and how they can make big changes from small, consistent actions.
- ❖ Students become aware that they can develop the leader within, regardless of who they are and where they come from.
- ❖ Every student is free to use their own voice. There is no judgement or discussion, and this allows them to self-reflect in a safe environment.
- ❖ Increased positive attitude amongst the students.
- ❖ Develops empathy, respect, and more understanding.
- ❖ Confidence building – allows student to take charge in a safe environment.
- ❖ Increased self-awareness.

### Lifelong Skills

- ✓ LIFT is a foundation student can lean on to get through the challenges of life.
- ✓ LIFT gives students the language needed to understand what can sometimes seem like complex ideas.
- ✓ Good addition to their CV – organisations increasingly seeking good values in their future employees.
- ✓ Creates positive change.
- ✓ Build listening skills – no interruptions when students speak and in turn they learn to listen.
- ✓ Speak more confidently.
- ✓ Helping to make Ireland a better place to live and work one person at a time by creating better leaders.

### Special Interest/Well-Being

- Inclusive – everyone is equally valued in a LIFT roundtable. It is not only about the most extroverted or the most able students.
- Re-enforcement of good school values.
- Part of a hugely growing national initiative.
- Cultural Transformation within your school.
- Student-led programme.
- Builds resilience and capacity to deal with setbacks within students.
- Increased capacity to deal with COVID-19.
- Better mental health and wellbeing.
- Can be used to improve literacy.
- Can be used as part of the Gaisce Bronze Award.