



SCHOOL PARTNERSHIP PROSPECTUS

Featuring the Youth Resilience Programme

Beyond Today. Building Tomorrow.



Evidence-informed personal development programmes for schools



EVERY YOUNG PERSON DESERVES THE OPPORTUNITY TO THRIVE.

Confidence can be built. Resilience can be developed. Potential can be unlocked.

OLTRE partners with schools to help young people move beyond the barriers that limit their potential through evidence-informed personal development programmes, meaningful relationships and practical learning experiences.

NAVIGATE

Contents



A prospectus designed to be read quickly, revisited easily and used as the starting point for a school partnership.

BELIEVE About OLTRE	UNDERSTAND Today's challenges
EMPOWER Our approach	PARTNER Our services
GROW Youth Resilience Programme	DEVELOP A personal development journey
PROVE Evidence of impact	PEOPLE The people behind OLTRE
PARTNER Flexible partnership options	CHOOSE Why OLTRE
MEASURE Measuring success	EVOLVE Looking beyond today
CONNECT Partnership journey and FAQs	GO BEYOND Start a conversation

BELIEVE

Every Young Person Deserves the Opportunity to Thrive



Helping young people go beyond the barriers that limit their potential.

At OLTRE, we believe every young person has strengths, aspirations and the capacity to grow when given the right support, relationships and opportunities.

We work alongside schools as a trusted partner, designing and delivering evidence-informed personal development programmes that strengthen confidence, resilience and practical life skills. Our work is grounded in child-first and strengths-based principles, creating safe, inclusive and engaging environments where young people feel respected, heard and empowered to participate.

OUR VISION

Helping young people go beyond the barriers that limit their potential.

OUR MISSION

To equip young people with the confidence, resilience and life skills they need to move beyond challenges and thrive.

OUR VALUES

- | | |
|---------------|-----------------|
| • Confidence | • Resilience |
| • Belonging | • Respect |
| • Inclusion | • Growth |
| • Opportunity | • Collaboration |

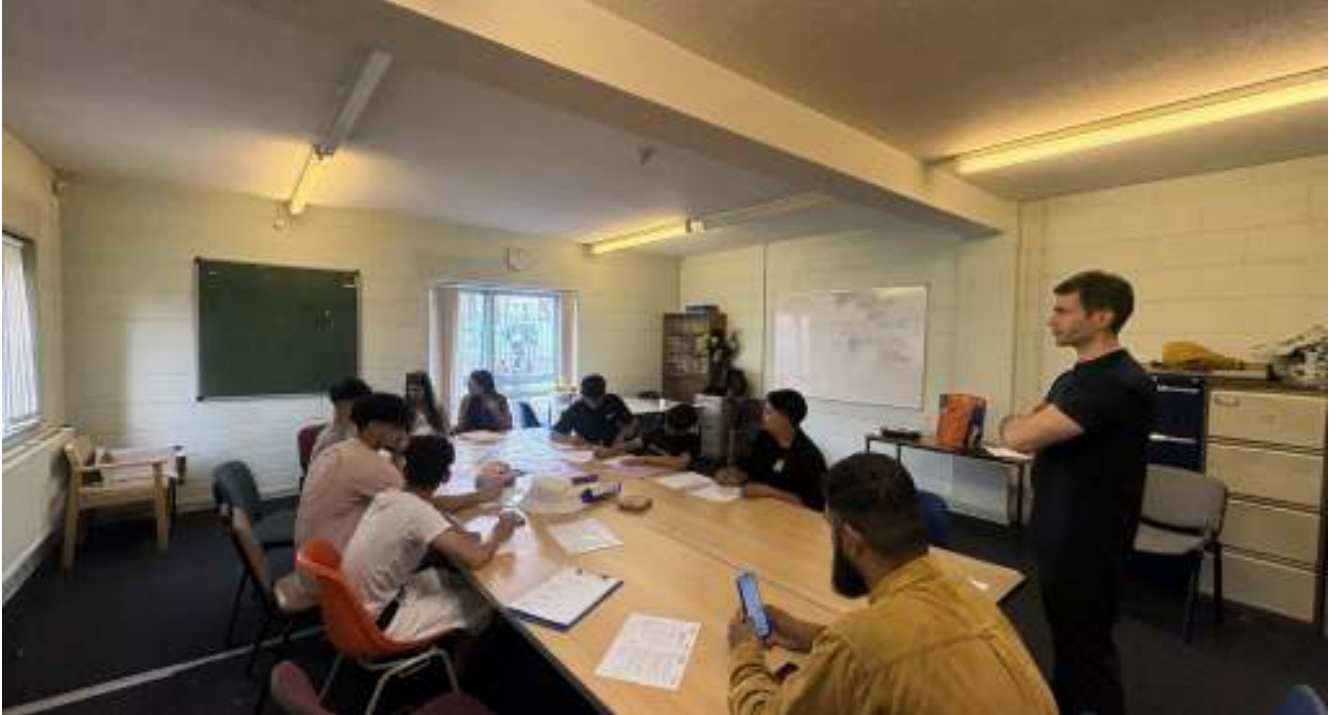
We don't just deliver programmes. We partner with schools to build confidence, resilience and brighter futures.

UNDERSTAND

Understanding Today's Challenges



Young people are growing up in a complex and rapidly changing world.



Real programme delivery: young people participating in facilitated discussion.

Alongside academic learning, students are navigating confidence, identity, emotional wellbeing, peer relationships, transition and uncertainty about the future. Schools already provide substantial pastoral support; OLTRE complements that provision through structured, practical learning experiences.

- Low confidence and self-esteem
- Identity and belonging challenges
- Emotional regulation difficulties
- Transition-related challenges
- Anxiety and emotional wellbeing concerns
- Peer pressure and decision making
- Healthy relationships and communication
- Motivation, aspirations and preparation for adulthood

Our promise: we focus on young people's strengths, not simply their challenges.

EMPOWER

Our Approach



Building confidence through meaningful experiences.

Resilience is not something young people either have or do not have. It can be developed through practice, positive relationships and meaningful experiences.

CHILD-FIRST We see the young person before the label. Sessions build voice, choice, strengths and positive ownership.	SAFE & INCLUSIVE We promote emotional safety, trust, respect and inclusion without requiring young people to disclose personal experiences.
STRENGTHS-BASED We help participants notice existing skills and build on what is already working.	EVIDENCE-INFORMED Programme content is evaluated through attendance, feedback, observation and reflection, then refined.

HOW YOUNG PEOPLE LEARN

• Interactive discussion • Reflection exercises • Practical problem solving • Peer learning	• Team activities • Real-life scenarios • Goal setting • Personal action planning
---	---

PARTNER

Our Services



Flexible support for students, staff and whole-school development.

Youth Resilience Programme Our flagship eight-session personal development journey.	Bespoke Workshops Targeted sessions on confidence, wellbeing, transition, identity, decision making and leadership.
Staff Training Practical professional development aligned with child-first and strengths-based principles.	Train the Trainer Facilitator training and licensed resources enabling schools to build internal delivery capacity.
OLTRE Membership Ongoing access to resources, updates, webinars and priority support.	Consultancy Support with programme design, student voice, engagement, partnership working and impact evaluation.

Every school deserves a solution that reflects its unique community.

GROW

Youth Resilience Programme



Building confidence. Developing resilience. Preparing young people for life.



The Youth Resilience Programme is OLTRE's flagship personal development programme. It combines evidence-informed practice with practical learning and encourages young people to explore their thoughts, emotions, choices, relationships and aspirations.

AGE Primarily 11-16, adaptable for different groups.	FORMAT Small-group intervention.
LENGTH Eight interactive sessions.	DURATION Typically 60-90 minutes, flexible for school timetables.

Participants are supported to build self-awareness, confidence, emotional resilience, communication, healthy coping strategies, problem solving, positive relationships, motivation and realistic personal goals.

DEVELOP

A Personal Development Journey



Each session builds upon the previous one.

1 IDENTITY & BELONGING Exploring identity, strengths, values and connection.	2 UNDERSTANDING EMOTIONS Recognising emotions, emotional literacy and healthy expression.
3 STRESS & ANXIETY Understanding stress, personal triggers, grounding and healthy coping.	4 CONFIDENCE & SELF-ESTEEM Strength spotting, positive self-talk and confidence goals.



Participants learning through individual and group activities.

DEVELOP

From Belonging to Future Planning



A structured pathway towards confidence, choice and purpose.

5 CULTURE, DIVERSITY & RESPECT Belonging, inclusion, cultural identity and challenging stereotypes safely.	6 PEER PRESSURE & DECISION MAKING Assertiveness, boundaries, influence, consequences and positive choices.
7 GOALS & LEADERSHIP SMART goals, motivation, responsibility and everyday leadership.	8 REFLECTION & FUTURE PLANNING Recognising progress, celebrating achievement and creating a personal plan.

Eight sessions. One journey. Skills designed to last beyond the programme.

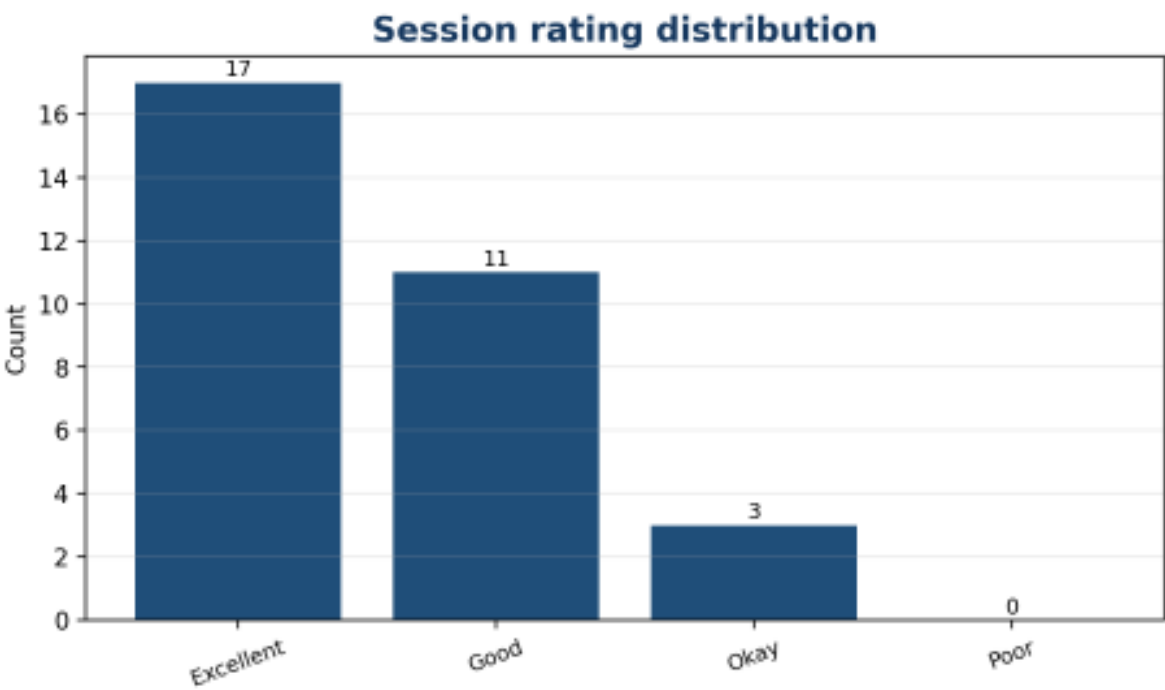
Delivery is flexible and inclusive: young people can participate by speaking, writing, drawing, observing, working in pairs or contributing within a group.

Evidence of Impact



Designed. Piloted. Evaluated. Refined.
The pilot evaluation used attendance records, participant feedback, facilitator observations, session plans, participant voice and reflection notes. The interim evidence below covers Weeks 1-5 and should be read as formative evidence rather than a final controlled evaluation.

5 sessions delivered	30+ feedback forms collected
HIGH confidence outcome	VERY HIGH feeling listened to
ON TRACK overall interim progress	

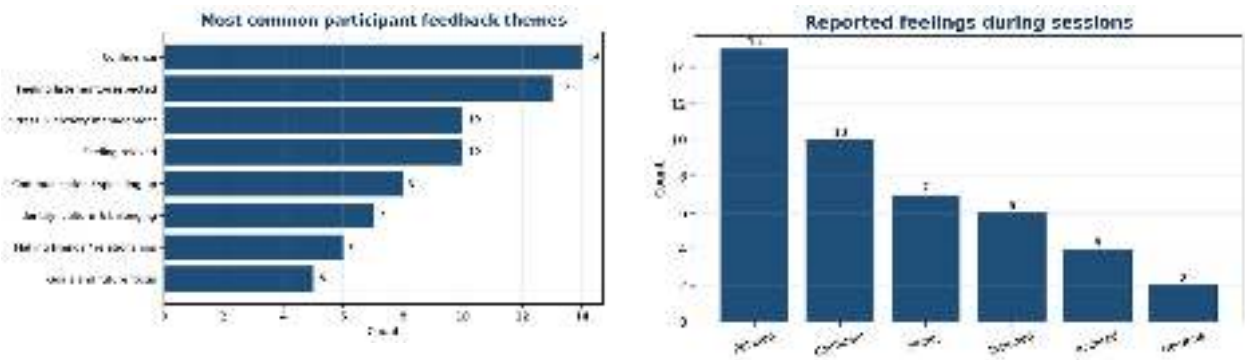


Session ratings recorded 17 Excellent, 11 Good, 3 Okay and 0 Poor responses in the available feedback dataset.

What Young People Told Us



Participant voice and recurring themes shaped the refined programme.



Participant voice

1 “Building up my confidence.”	2 “Learning how to deal with stress.”
3 “Talking about confidence.”	4 “Being listened to.”
5 “Meeting new people.”	6 “I feel more confident.”

The strongest interim themes were confidence, feeling listened to, relaxation, communication, managing stress, identity and belonging.

DEVELOP

Evidence in Action



Learning through participation, reflection and safe conversation.



Building confidence • Working together • Reflection • Safe conversations

All programme photographs in this prospectus are drawn from real pilot delivery and are included on the basis that appropriate permissions have been obtained.

PEOPLE

The People Behind OLTRE

Two co-founders. One shared commitment to young people.

DANIELA-VIORICA MAILAT

Co-Founder | Programme Director | Community Development Lead

Daniela-Viorica Mailat is Co-Founder of OLTRE and Founder and Director of Roma Roots Community CIC, with extensive experience in education, community development and youth engagement. She works within Leeds Youth Justice Service, supporting victims of crime and contributing to multi-agency work to improve outcomes for young people and families.

Through Roma Roots Community CIC, Daniela has designed and delivered educational and community programmes, secured external funding and developed partnerships with schools, universities, local authorities, charities and voluntary organisations. She has also delivered professional training on cultural awareness, inclusion and community engagement.

Daniela holds a Bachelor of Laws (LLB) from Leeds Beckett University and a Master of Laws (LLM) from The University of Law. The Youth Resilience Programme has been co-designed using child-first and strengths-based principles, creating a safe, inclusive and supportive environment where young people feel respected, understood and empowered to develop confidence, resilience and practical life skills.

DR TONY BONCORDO

Co-Founder | Lead Facilitator | Mental Health, Wellbeing & Self-Regulation Practitioner

Dr Tony Boncordero is a mental health, wellbeing and self-regulation practitioner, trainer and facilitator with a multidisciplinary background spanning the social sciences, psychology-informed practice, social work, emotional wellbeing and behavioural change. His academic and professional journey has developed a broad understanding of the psychological and social factors that shape behaviour, resilience, identity and wellbeing.

As an NHS Health and Wellbeing Coach and Supervisor, Tony combines extensive experience in mental health and wellbeing practice with expertise in training and development, alongside external extensive experience delivering individual and group-based interventions.

His wider career includes working as a Stress Management Therapist, social worker, educator and mindfulness practitioner, helping people develop emotional awareness, challenge unhelpful patterns and build practical skills for positive change.

Tony's approach brings psychology, self-awareness and practical self-regulation together to develop emotional resilience, clarity and intentional action helping people understand themselves more deeply and perform at their best.

Relationships are at the heart of everything we do.

PARTNER

How Schools Can Work With OLTRE



Choose the level of support that best fits your priorities.

PROGRAMME DELIVERY Eight facilitated sessions, workbooks, evaluation and certificates.	BESPOKE WORKSHOP A focused 60-minute, half-day or full-day intervention.
STAFF TRAINING Professional development for teachers, pastoral teams and other staff.	TRAIN THE TRAINER Training, facilitator manual, slides, workbooks, activities, evaluation tools and ongoing support.
OLTRE MEMBERSHIP Annual access to a developing resource library, updates, webinars and priority support.	CONSULTANCY Programme development, student voice, engagement, evaluation and strategic partnership support.

Every school is different. Our support is flexible by design.

CHOOSE

Why OLTRE?



More than a provider: a partner focused on meaningful outcomes.

EVIDENCE-INFORMED Programmes are tested, evaluated and refined through real delivery.	CHILD-FIRST Young people are seen through their strengths, voice and potential.
SAFE & INCLUSIVE Delivery promotes emotional safety, trust, respect and inclusion.	INTERACTIVE Discussion, activities, reflection and practical application drive learning.
FLEXIBLE Delivery can be adapted to the age group, timetable and school priorities.	PARTNERSHIP-FOCUSED We listen first and work alongside schools rather than imposing a fixed solution.

At OLTRE, every young person deserves to feel confident, heard, valued, included and able to believe in their future.

We measure success by the difference the work makes, not simply by the number of sessions delivered.

MEASURE

Measuring Meaningful Impact



Evaluation is built into every partnership.

Depending on the service and agreed scope, evaluation may draw on:

- Participant self-assessments
- Attendance and engagement data
- Participant reflections
- End-of-programme evaluations
- Before-and-after questionnaires
- Facilitator observations
- Teacher or pastoral feedback where appropriate

Schools can receive

OUTCOME SUMMARY A concise overview of participation and emerging outcomes.	PARTICIPANT VOICE Relevant themes and anonymised feedback.
LEARNING & RECOMMENDATIONS What worked, what was refined and possible next steps.	CONTINUOUS IMPROVEMENT Evaluation findings inform future programme delivery.

Measuring impact is as important as delivering the programme itself.

EVOLVE

Looking Beyond Today



A growing portfolio that supports young people through key stages of development.

SECONDARY TRANSITION PROGRAMME Confidence, managing change, organisation, friendships, asking for help and belonging.	STUDENT LEADERSHIP PROGRAMME Student leaders, peer mentors, wellbeing ambassadors and youth voice.
EMOTIONAL WELLBEING PROGRAMME Emotional awareness, stress management, coping strategies and self-esteem.	FUTURE READY PROGRAMME Motivation, decisions, communication, employability and preparation for adulthood.
PARENT WORKSHOPS Practical support for parents navigating adolescence and emotional wellbeing.	STAFF DEVELOPMENT Ongoing professional development and whole-school wellbeing support.

Education never stands still. Neither do we.

CONNECT

Our Partnership Journey



Four clear steps from first conversation to evaluation.

1 INITIAL CONVERSATION We listen to your priorities, context and intended outcomes.	2 PROGRAMME PLANNING We agree the target group, delivery format, dates, outcomes and evaluation.
3 DELIVERY Engaging sessions are delivered with professional communication and quality resources.	4 REVIEW & NEXT STEPS We reflect on outcomes, celebrate progress and discuss future partnership opportunities.

FREQUENTLY ASKED QUESTIONS

Who is it suitable for? Primarily ages 11-16; content can be adapted.	How many participants? Small groups are recommended; a typical range is 8-15.
How long are sessions? Usually 60-90 minutes, adjusted to the timetable.	Are resources included? Yes, relevant learning materials are provided.
Is it evaluated? Yes, evaluation is agreed as part of the delivery plan.	Can it be adapted? Yes. Flexibility is a core part of the OLTRE approach.

GO BEYOND

Let's Start a Conversation



Every partnership begins with a conversation.



Whether your school needs targeted student support, a whole-school wellbeing initiative, staff development or a long-term strategic partner, OLTRE would welcome the opportunity to understand your priorities and explore what could work.

Beyond Today. Building Tomorrow.

CONNECT WITH OLTRE

hello@oltreeducation.co.uk | [LinkedIn: OLTRE Education](#)



Helping young people go beyond the barriers that limit their potential.

BELIEVE • UNDERSTAND • EMPOWER • GROW • PROVE • PEOPLE • PARTNER • CONNECT