



King's Trust

HOW WE HELP YOUNG PEOPLE

The King's Trust provides free support to young people aged 16 to 30 who are not in education, employment or training. Working with partners and volunteers, our courses are designed to boost confidence and build skills to get a job or start a business.

If you work with young people in your community, here is your quick guide to our support.

Build skills and confidence

Explore Ages 16 to 25

The **Explore** programme is often for young people who are furthest away from employment, education or training. The programme offers a mix of group activities and one-to-one support to help young people develop the skills and confidence they need to move forward.



Team Ages 16 to 25

Team is a 12-week personal development programme and is ideal for young people looking to build foundations for work, such as teamwork and English and Maths skills. Team gives young people the chance to gain a qualification, lead a group community project and take part in a residential trip.



Get Started Ages 16 to 30

Taking place over one week and covering topics from fashion and music to construction and sport, **Get Started** courses are for young people who want to develop their skills towards employment, education or training whilst learning about and experiencing a theme that interests them.



Support to get a job

Get Ready Ages 16 to 30

Get Ready courses focus on building skills in rapidly-growing industries such as AI or Sustainability. Taking place over one to two weeks, these courses are ideal for young people who want to learn about new career pathways and connect with local employers.



Get into Ages 16 to 30

Get into courses are for young people seeking hands-on work experience. Ranging from 3 to 12 weeks in length, we provide hands-on experience and access to opportunities and qualifications in a range of sectors - from sales, retail and media to construction, engineering or health and social care.



Get funding to train and learn Ages 16 to 30

Our **Development Awards** can cover the cost of course fees, tools or equipment. To be eligible, young people must be: Aged 16 to 30 and living in the UK, studying less than 14 hours a week or not in compulsory education and unemployed or working less than 16 hours a week.



Get Hired Ages 16 to 30

Get Hired events are ideal for young people who know the sector they want to work in. Taking place over one to three days, workshops focus on equipping young people for job applications and connecting them with employers at our recruitment events.



Steps to self-employment

Enterprise Ages 18 to 30

With expert-led workshops, one-to-one support and opportunities to apply for funding, our **Enterprise** programme supports young people to turn their business idea into a reality.



[Click here to find out what we offer in your area](#)

Contact your local team:

Or call us for free on 0800 842 842

