

**"My life has completely changed for the better since team programme and I will always be grateful."**



At nine years old, Sophie and her family moved 64 miles away to a women's refuge to escape the years of abuse they had experienced. When they returned home, life for Sophie seemed to be going in the right direction until Sophie started secondary school. She experienced severe bullying and more anxiety than she could handle, putting a detrimental decline in her attendance at school. Although she left school with successful qualifications, Sophie was given what seemed like a life sentence of mental health problems.

Wanting to start a career as a Librarian, Sophie was confused about where to go next, and she passed on opportunities due to her anxiety. She quickly became homebound and afraid of the world outside. In August 2022, Sophie was told about the Prince's Trust Team Programme by her work coach at the DWP, not realising that saying yes would be the best decision she ever made.

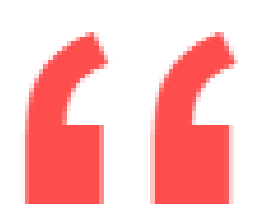
**“ On the first day of the course, I waited 40 minutes on the side of the street because I was so anxious, but building up the courage and walking into that room is the best thing I've ever done. ”**

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During her time on team, she made new friends and developed new skills that have given her a positive outlook on life. As part of team, Sophie completed her work experience at REACH, a charity dedicated to supporting people with learning difficulties to lead a happier and healthier life. During her time there, she got a taste of the rewarding feeling when giving support to those in need and decided on a new career path.

# Sophie's Story

In January 2023, she began volunteering for The Inspire & Achieve Foundation, a local charity that delivers the Team Programme three times a year. During her time as a volunteer, Sophie was given the opportunity to continue her passion for creative writing. She submitted a personal case study to a law firm for Mental Health Week, which was seen by 76 members of staff, and received positive feedback from a senior partner of the firm.



**Volunteering has helped me to come out of my comfort zone and control my anxiety. I'm also using the tools that I have learnt to help others like me and it is so rewarding to see the changes I'm making.** ”

Sophie is no longer a volunteer but is now working as an Assistant Team Leader in her first job!

**"I am filled with anticipation and excitement to provide support to current and future young people at the Inspire & Achieve Foundation and Prince's Trust Team Programme."**

To read more inspiring stories like Sophie's, visit:  
<https://www.princes-trust.org.uk/about-the-trust/success-stories>

Contact Jaye on 07932649756 to join the next Team Programme.



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SOMETHING**