

Programme Outline

The Get On Board programme is put together to support young people's journey to becoming full Board members at their YMCA. The course and learning materials for the programme have been created in small bitesize chunks using relational, interactive, and reflective methodologies. Elements of the course will be delivered during the residential parts of the programme (around 40%) whilst the remainder will take place during online sessions. The Get On Board programme has been developed in a way that all elements can be adapted to work in either face to face or online environments depending on the needs of each cohort.

UNIT 1 Introduction to the YMCA & Organisational Governance Learning Outcomes

1. Identify and collate the essential policies and documents that govern the organisation
2. State clearly the essential roles and responsibilities within, and of a Board of Management
3. Understand the global movement – scope, scale, and relationships between different entities
4. Participate in and reflect on a Mentoring relationship
5. Create a Personal Development Plan

UNIT 2 Understanding Planning & Fundraising Learning Outcomes

1. Use a Needs Assessment to plan relevant activities
2. Produce a strategic plan for a YMCA based on a case study
3. Complete a funding application using a given template
4. Read and understand a budget and set of accounts
5. Apply a quality review process to a local association

UNIT 3 Understanding Organisational Policies & Procedures Learning Outcomes

1. State the relevant legal and statutory policies & procedures essential to YMCA operations
2. Demonstrate learning of basic employment law and practice
3. Demonstrate the skills and knowledge necessary to recruit and employ staff and volunteers
4. Effectively deliver a presentation to a group

UNIT 4 The Political & Organisational Context Learning Outcomes

1. Demonstrate learning of the political framework locally, nationally and at a European level
2. Demonstrate knowledge of how to manage a YMCA in the context of the third sector in your own nation
3. Deliver a presentation and contribute at a YMCA national event
4. Engage and learn from the wider YMCA movement nationally and internationally

Authentic Human Connection

The Authentic Human Connection training is a model developed by One YMCA and Deepr to enable participants to become even more accomplished in their relational skills and approach in groups and in teams – supporting a better quality of work, collaboration, wellbeing, and community impact.

The training has been developed through an extensive design-led research process and draws on the expertise of a wide range of One YMCA staff, volunteers, and service users. The training empowers participants to become even more intentional in the way that they bring authentic human connection to their work and lives. When people enjoy lots of authentic connection with others, they're happier, healthier, they give more of themselves, work harder, play better; in short, they thrive.

The Get On Board Programme has elements of the Authentic Human Connection training woven into it, including self-reflection and short practical individual and group activities to explore self-awareness and develop intentional connection with others involved in the programme – whether that is peers, mentors, facilitators, or the wider network.

Both Trustee Mentors and Young Trustees will have an opportunity to engage in an AHC immersion day at the initial residential to kickstart the development of that relationship, which will be a crucial enabler for a successful Get On Board programme.

Find out more about

