

# BE ME PROJECT

identity ~ truth ~ purpose

SCHOOL COURSES  
SUPPORTING  
MENTAL WELLBEING

For a better start in life



Be Me Project are growing and  
have some new opportunities...



## About Us

Be Me Project exists to give young people a better start in life. Our courses help improve SELF-ESTEEM, CONFIDENCE and greater POSITIVITY.

As a result, young people are able to better recognise and value their self worth, improve their resilience and mental wellbeing.



We are growing our team and looking for new course assistants.

If you have a few hours spare in your week please do get in contact with us.

A course assistant for Be Me Project is required to be available for work at least one hour a week for 7-9 weeks each term, in school.

Their role is to support the course leader in running the sessions, which are with small groups of young people suffering from mental health issues. Key qualities are reliability, communication, organisation and working with young people, getting alongside them in a non-threatening manner, listening and helping with the discussion and activities.

Acceptance for the role is subject to a satisfactory enhanced DBS check, right to work proof and satisfactory references.

Within the following areas

Epsom - Merstam park - Caterham - Esher - Walton

