

Welcome

We are all about YOU

For You Training is all about working with young people so they can realise their full potential. We want to excite, inspire and help them find their new careers. With us, young people have the chance to go out into the real world and think like an entrepreneur. By working on projects together they can enhance their communication, teamwork skills and increase their confidence. It all starts with YOU.

We'll help you get there!

The For You Training team cares about you and wants to see you succeed. We want our courses to be engaging and fun, giving you the inspiration you need to follow your dreams. Wherever you want For You Training to take you, our team will help get you there.

Building solid foundations

As well as growing ingredients and potentially growing your own business, we allow you to grow as an individual. At For You Training you learn by doing and improve your team-working and communication skills in the process. We give you the opportunity to meet new people, increase your confidence and build a solid foundation to kickstart your career.



A training portfolio developed with YOU in mind

FOR YOU Training offers bespoke courses tailored around your individual needs. Whether your interests lie in food and drink technology, entrepreneurship, or business administration, we can work together to design a course that meets your requirements. With For You Training, you shape your future your way.

As an accredited training centre, we offer recognised qualifications through SQA, Prince's Trust and REHIS. With us, you will have the opportunity to gain real life industry experience and recognise qualifications. We recognise that you are unique and have your own individual learning needs. Our portfolio has been carefully crafted to ensure that we have something for every individual at every stage of their learning journey, from early years through to employment.

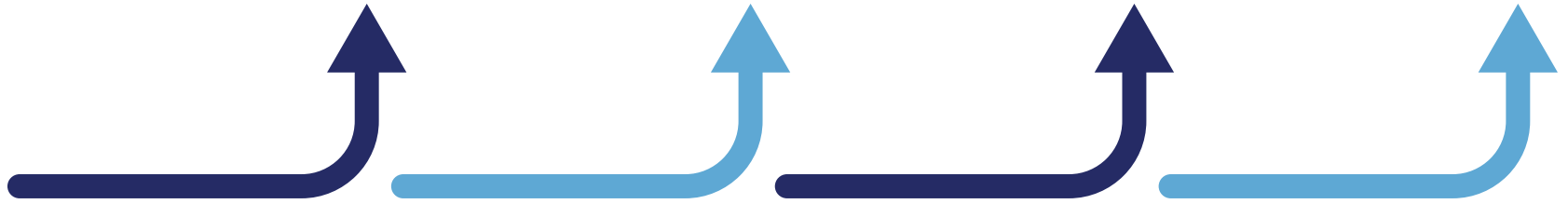
shape YOUR future YOUR way

Community growing
& Food Enterprise

Prince's Trust
Achieve Awards

Vocational qualifications
and awards

Employment and
Business Start-up



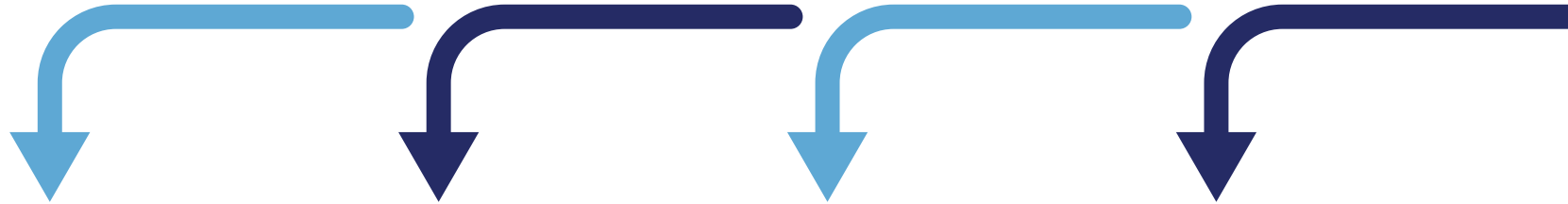
Pre-school

Primary

Secondary

Further Education

Career



Learn and play in
the great outdoors

SQA Certified
qualifications

Foundation and Modern
Apprenticeships

Graduation



EARLY YEARS PROGRAMMES

Learn and play in the great outdoors – suitable for young people aged 3 to 11 years

GRO FOR YOU Outdoor Rooms create a safe and inspiring environment for children to learn new things and express themselves. We have a mixture of outdoor growing areas and rustic play zones and we will also work with you to create unique growing spaces. Children will learn about where their food comes from by eating what they grow. Together we will discover wide varieties of wildlife and the habitats in which they live. We will explore how we can help to protect them and our planet. Children will embark on a playful journey of self-discovery as we plant seeds and watch them grow and flourish.

Outcomes

- Increased emotional, mental, and physical wellbeing
- Awareness of where our food comes from
- Self-exploration and awareness
- Increased creativity and problem solving
- Team Working
- Closer to nature and an appreciation for learning outdoors
- Learning ways to protect wildlife and our planet

EDUCATIONAL AND APPRENTICESHIPS PROGRAMMES

Croft to Customer masterclasses – suitable for young people aged 11 to 15 years

This educational programme is experiential in nature and looks at the entire Food Supply Chain from the Croft to the Customer. This course offers a variety of learning experiences including the growing of crops, food production, new product development, sales, and marketing. At the heart of this programme is Food Enterprise where students will create a food or drink product that they can sell to customers. On this course you will explore your own creativity, entrepreneurial spirit and increase your awareness of the variety of exciting career opportunities on offer in the horticulture, food, and drink industries. This course includes four units,

- Growing Food Sustainably
- New Product Development
- Sales and Marketing
- Customer Service

These units can be delivered collectively or individually to suit your learning interests and requirements.

Outcomes

- Increased emotional, mental, and physical wellbeing
- Increased awareness of where your food comes from
- Introduction to working in hospitality
- Sustainable food production and development
- Self-awareness and responsibility
- Increased creativity
- Confident decision making
- Increased problem solving
- Teamwork
- Financial planning and budgeting





FUNDAMENTALS OF FOOD SCIENCE SCQF LEVEL 6

tsuitable for young people aged 15 to 24 years

This course will give students an overview of the science and associated legislation underpinning the Food and Drink manufacturing industry. Candidates will develop a knowledge and understanding of the chemical composition and nutritional properties of various foods and will investigate the legislation that is associated with the Food and Drink manufacturing industry, including the relevant microbiology and food safety aspects. If you have a keen interest in biochemistry, engineering, health & safety, or health & fitness, then this could be the course for you.

Outcomes

- Investigate the chemical composition of foods
- Investigate the nutritional components, the health implications, and dietary effects of these nutritional components on different populations
- Investigate the relevant food safety legislation associated with food and drink manufacturing.

YOUR future and beyond

FOOD PRODUCTION SCQF LEVEL 6

suitable for young people aged 15 to 24 years

This course will give you an overview of the structure of the Food and Drink manufacturing industry from field to table. It is an introduction to the processing and manufacturing operations undertaken in a range of sectors (dairy, meat, fish, shellfish, microgreens, bakery, confectionary, drinks). If you are hoping to gain employment in the food production or manufacturing industry, then this is the course for you. It is also suitable for those who are employed but wish to broaden their knowledge and skills in the food manufacturing industry.

Outcomes

- Investigate the structures of the food and drink production and processing industry
- Investigate the infrastructure of a food & drink production/processing facility
- Evaluate how the various departments within a production/processing facility
- Working as part of a team to produce a finished food or drink product
- Research the principles and outline the processes used in the manufacturing of food and drinks.
- Investigates a specific food or drink production from field to table.
- Develop a network of local and global food and drink brands

REHIS ELEMENTARY FOOD HYGIENE AND HEALTH AND SAFETY CERTIFICATES

FOR YOU training is an accredited centre with the Royal Environmental Health Institute of Scotland. We can offer you courses in Elementary Food Hygiene and Health and Safety that will provide you with certificates to satisfy the legal requirements for all food handlers





SUSTAINABILITY SCQF LEVEL 6

suitable for young people aged 15 to 24 years

This programme will raise your awareness of what it means to live sustainably in order to protect resources, people, and our planet; now and in the future. You will investigate how sustainability is impacting the farming, food, and drink industries from raw materials to the finished product and on to the distribution network. You will investigate and implement Zero Waste measures in the food production process. If you are passionate about tackling climate change, are creative and love to problem solve, then this is the course for you.

- Identify and describe the factors that affect the sustainability of raw materials used in the food and drink manufacturing industry and how these factors influence the way they run their businesses
- Research the use of pesticides, fertilisers and other chemicals used in the production of raw materials for the food and drink manufacturing industry and evaluate how genetic modification impacts on sustainability of raw materials
- Identify the factors which affect the sustainability of waste hierarchy outputs employed by the food and drink manufacturing industry
- Introduction to Aquaponics, Hydroponics, Aeroponics and Zero Waste food production systems
- Develop STEM skills

COMMERCIAL AND SOCIAL DRIVERS SCQF LEVEL 6

suitable for young people aged 15 to 24 years

This course will give you an overview of the range of social, environmental, and economical factors that influence businesses within the food and drink industry. You will explore the 'Business' of farming, food, and drink, looking at

- How consumers influence the industry and in turn how the industry influences consumers.
- Investigate and describe which economic influences impact on the range of food and drink purchased.
- Investigate and describe seasonal events
- Learn the connection between seasonality and consumer buying behaviour

a greener future for YOU

BUSINESS FOR YOU

various levels suitable for young people aged 11 to 24 years

Programmes within our Business School will cover a wide range of business and administrative topics. Courses will give you a sound understanding of SME's and large organisations. You will learn about the management of people and finance and investigate the various challenges that businesses face in today's digital society. All of our courses will develop your business acumen, communication, entrepreneurial and ICT skills. Scottish Vocational Qualifications (SVOs) in Business and Administration are designed to equip those working in business and administration with the skills and knowledge they need to demonstrate competence in their job role. You will gain a broad range of activities with significant complexity, responsibility, and autonomy, often required for supervisory or team-leading roles.

Outcomes

- Understanding business and contemporary business issues
- Management of people and finance
- Awareness of HR activities and employment law
- Develop complex skills in web applications including Word Documents and Spreadsheets
- Increased communication skills
- Increased planning and organisational skills
- Working on your own Initiative
- Design and produce quality documents
- Communicate effectively in a business environment
- Work with and support others in a business environment
- Awareness and Implementation of data management, systems, policies, and procedures

Find what's right for YOU



“I have really enjoyed the business skills foundation apprenticeship with for you training. It is a unique opportunity to gain a higher qualification and to get out of the school and gain real work experience. I have gained 42 UCAS tariff points and I have been able to use my work experience on my personal statement which will hopefully make me stand out when trying to get into the university of my choice.”

Business FA Student



APPRENTICESHIPS FOR YOU

We have partnered with Skills Development Scotland to offer students both Foundation and Modern Apprenticeships in Food and Drink Technologies, Business Skills and Hospitality. As part of the apprenticeship programme, all students will gain a combination of the knowledge-based learning with vocation output via work placements and apprenticeships.

Food and Drink Apprenticeships

Food Technologies Group Qualification

- Food Science
- Food Production
- Commercial and Social Drivers
- Sustainability
- Work-based Industry Challenge with major food chain manufacturer and SVQ placement
- Hospitality
- Introduction to the Hospitality Industry
- Professional Cookery
- Front of House
- Introduction to Events
- Work-based Industry Challenge and SVQ placement

Business Apprenticeship

Business and Administration – Business Skills Group Qualification

- Understanding Business
- Management of People and Finance
- Contemporary Business Issues
- Web Applications
- Work-based Industry Challenge and SVQ Placement

“The Food Technologies apprenticeship is a great opportunity to learn about subjects that are cutting edge and forward thinking. This is a great springboard for his career, and I would highly recommend this course.”

Parent

Bespoke Awards

Learning opportunities available at various levels and in any setting whether you are in school, community or industry.

Princes Trust Achieve Club

FOR YOU training can deliver Achieve Programmes within secondary schools or alternative education settings. It's completely flexible; you can choose whether to run the programme over a few months or a few years. We will be here to help you decide which format will work best for you.

The programme is made up through delivering a range of units and modules which contribute towards a recognised Prince's Trust qualification and the personal, social and health education of students. All of the units help young people to develop skills in key curriculum areas, preparing them to succeed in whatever they choose to do next.

The menu of units available is split into six modules:

- Skills for school
- Personal, social development
- Life skills
- Active citizenship
- Enterprise Projects
- Preparation for work

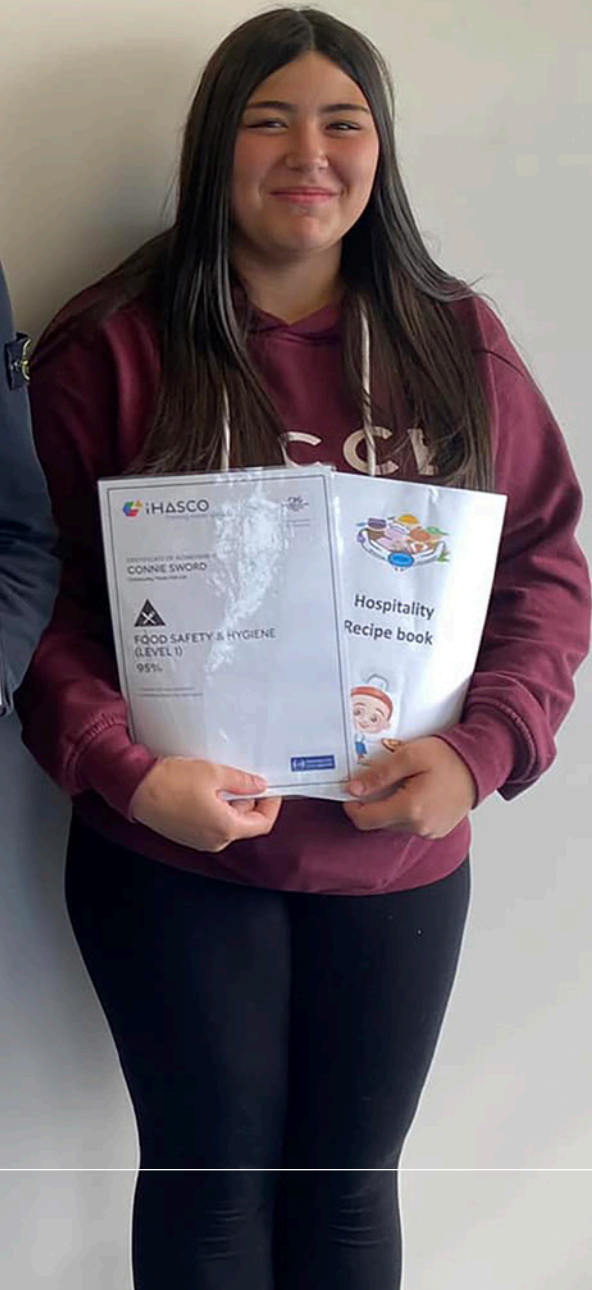
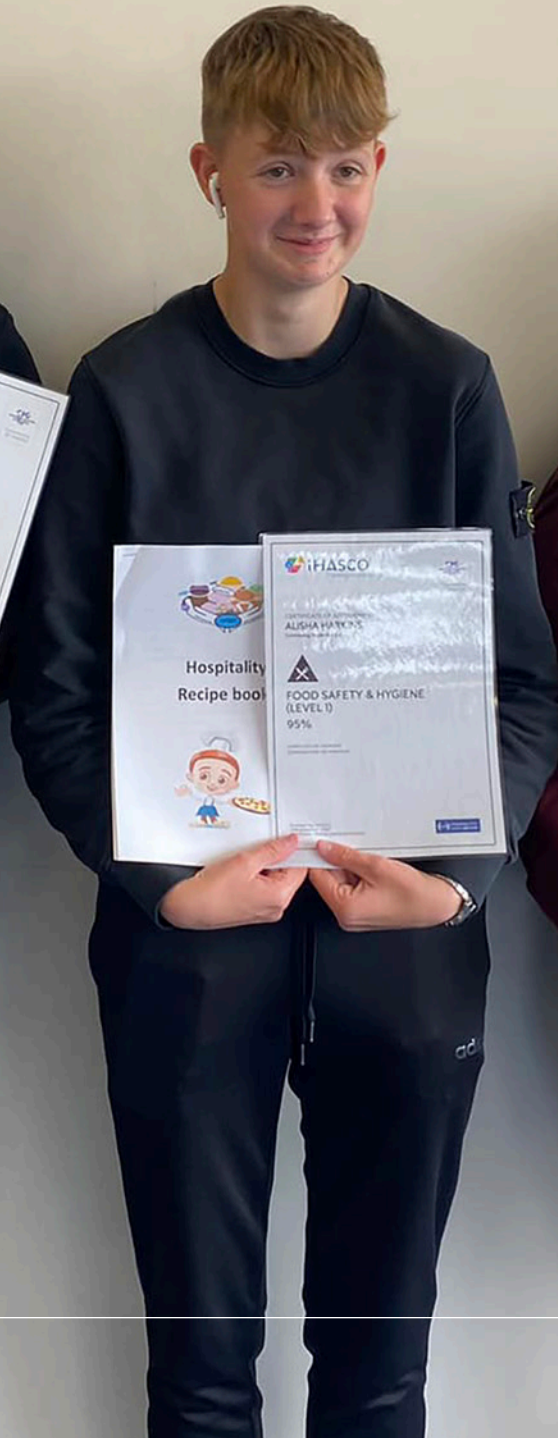
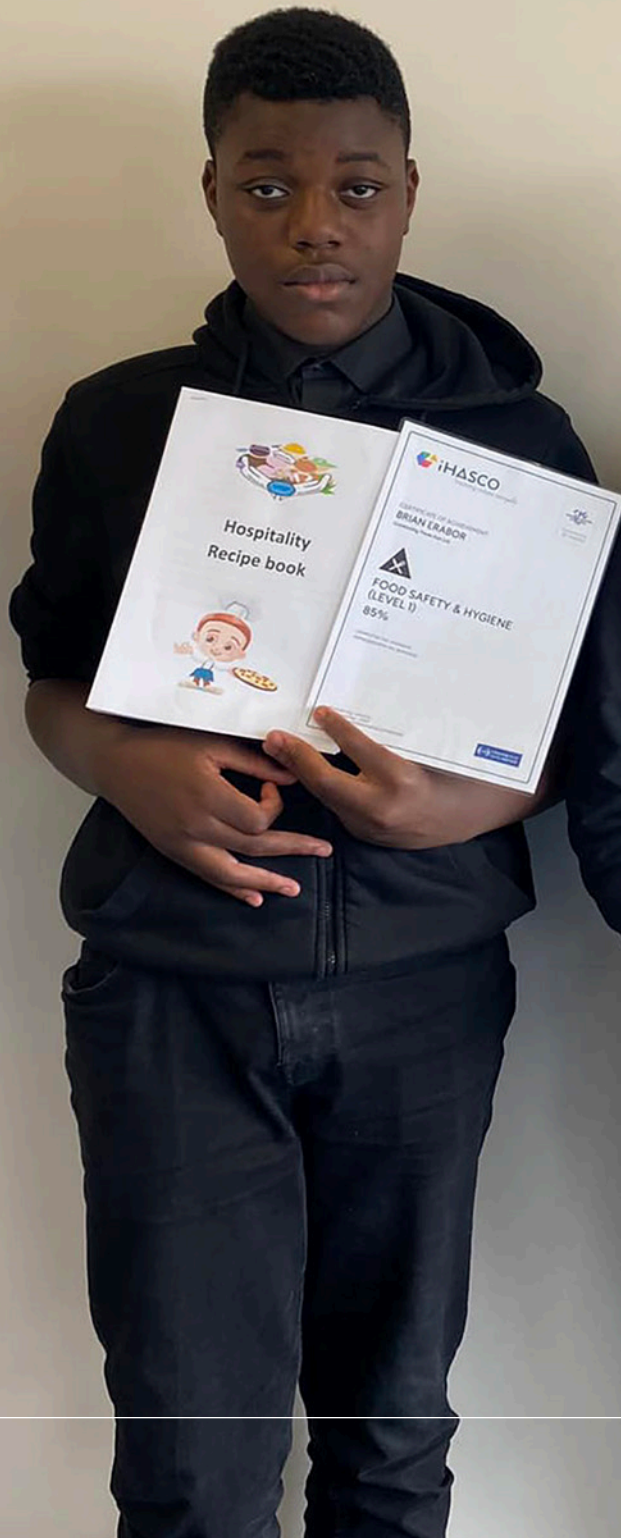
As Achieve is flexible and youth-led, you can choose your own combination of units according to what will most benefit your young people.

SQA Wider Achievement Awards

Wider Achievement Awards recognise the life and work skills that come from a wide range of activities which can include sport, mentoring, voluntary work, or fundraising activities whether they take place at school, college or in your community. SQA Wider Achievement Awards are suitable for a broad range of learners and are available from SCQF levels 1 to 6.

We have a variety of wider achievement awards programmes for you including:

- Personal Development Awards
- Employability Awards
- Customer Service Awards
- Leadership Awards
- Health and Wellbeing Awards



Hospitality for YOU

We offer a hospitality foundation apprenticeship level 4 and 5 to young people within school aged between 14 to 16 years old. Hospitality is an exciting and flexible sector that offers a wealth of career opportunities. This apprenticeship could be the stepping stone into a Modern Apprenticeship, further education or employment in the industry. Jobs could include; Chefs, Hotel and Catering Managers, Bar Staff, Front of House Staff, Baristas or Events Organisers.

If you enjoy working with people and would like an exciting and varied job then this could be the career for you. Course subjects include:

- Working in the professional kitchen
- Working front of house
- Working in the hospitality industry
- Events
- Work Based Challenge

Course Outcomes

You will use the skills and knowledge you develop in your Skills for Work award to design and deliver a project. You will:

- Work closely with an employer
- Deliver your project to a real-life client
- Develop an understanding of the hospitality sector

Your Foundation Apprenticeship will also help you to develop meta-skills. These skills are highly valued by employers. Meta-skills include:

- Self-management
- Social intelligence
- Innovation

These meta-skills are necessary and highly desirable for working in a range of other related jobs.





Team Building, Leadership and Motivational Training

We will offer a free one-hour session with your business or group to understand the key needs of your organisation. We will put together a bespoke plan that will meet the needs of the organisation and the employees within that organisation. We have created a fun and innovative programme that will see us using nature and the great outdoors to bring people together and to boost team moral, employee productivity and retention.

Our programmes provide a space for the development of positive company culture. Topics include, team diversity, inclusivity, communication skills, adaptability, time management, decision making, mindfulness and more.

Key Outcomes:

- Increased Team Morale
- Increased Team Productivity
- Increased Creativity
- Positive Company Culture
- Increased Employee Retention
- Increased self-awareness
- Celebration of Diversity

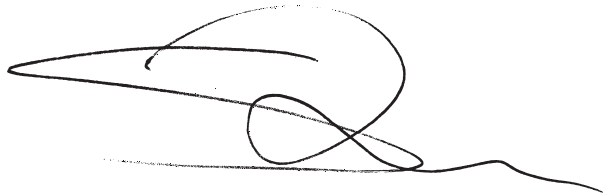
YOUR team, YOUR way

Here - For YOU

At For You Training, we appreciate the importance of addressing an individual's approach to learning and development. With you in mind, our team have developed an extensive training portfolio that offers bespoke courses that can be tailored to your personal needs, allowing you to Shape YOUR Future, YOUR Way.

Our team are experienced, approachable, and highly trained. We want to help you reach your fullest potential and we will be with you every step of the way on your journey and beyond.

If you would like more information and wish to arrange a free one to one consultation with a member of the For You team, then please e-mail **info@foryourtraining.com**

A handwritten signature in black ink, appearing to read 'Sarah Mackenzie', with a long horizontal flourish extending to the right.

Sarah Mackenzie
CEO