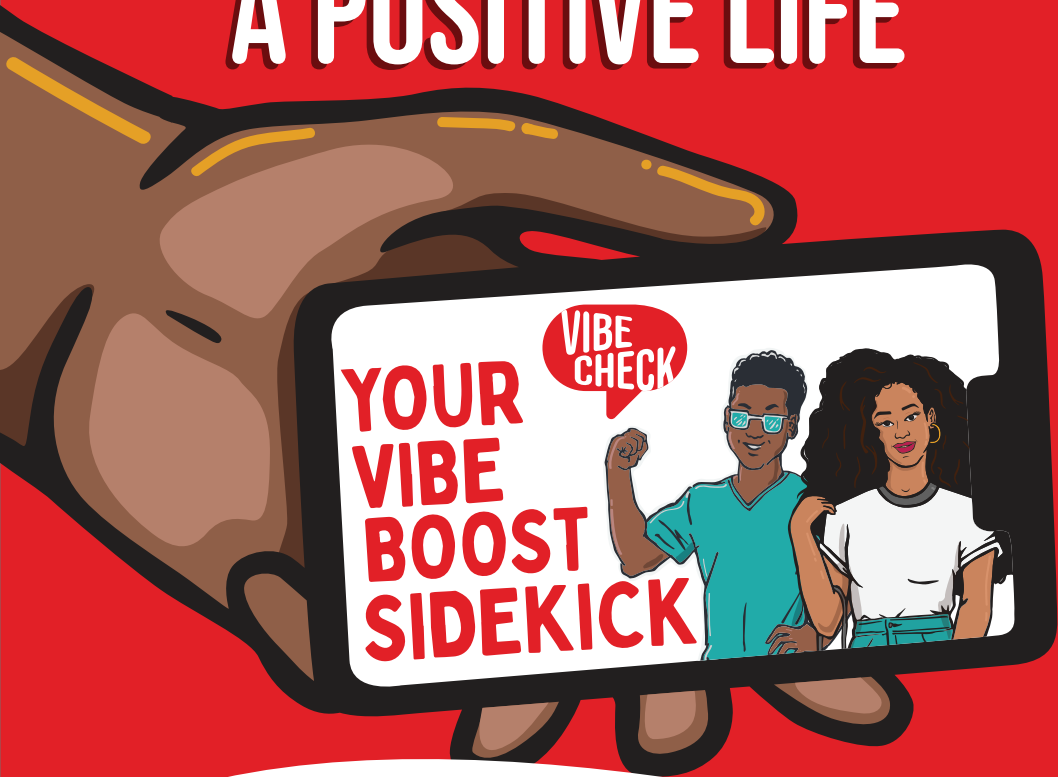


OUR YOUTH NEED POSITIVE VIBES FOR A POSITIVE LIFE



Know someone who needs a boost? Vibe Check is a free interactive personal development programme developed by the Prince's Trust International for young people who want to develop their life skills. Find out how young people can benefit.



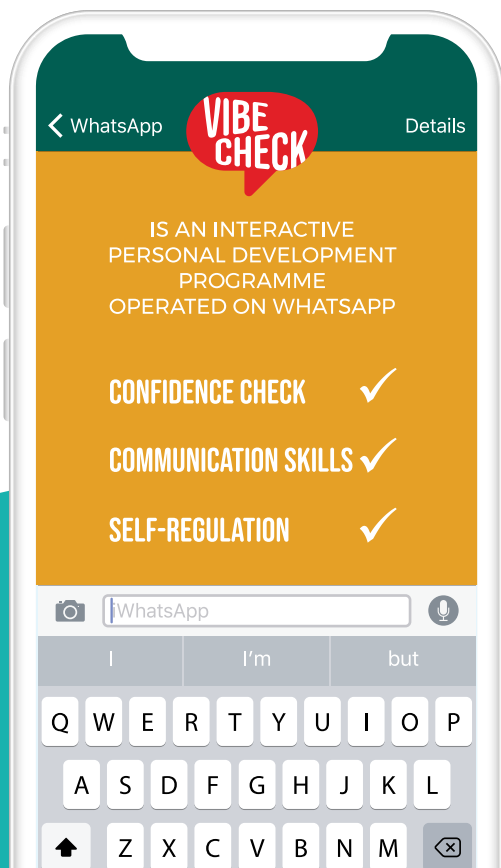
Prince's Trust
International



ABOUT US

We are Prince's Trust International. Founded in 2015 by HRH The Prince of Wales with the mission to tackle the global crises of youth unemployment and underachievement.

We have been working in Barbados since 2016 to empower young people to learn, work and thrive. We partner with the Royal Barbados Police Force to deliver 'Team', our 12-week personal development programme; with the Ministry of Youth, Sports, and Community Empowerment to deliver our 'Get Into' and 'Get Hired' employability programmes; and with the Barbados Youth Business Trust to deliver 'Explore Enterprise' and 'Enterprise Challenge', our entrepreneurship programmes.



'Vibe Check' is our latest bespoke programme, designed to meet the needs of young people in Barbados by creating a safe and supportive space for them to develop key life skills, boost self-confidence and manage their feelings more effectively in the future.

**SHARE VIBE CHECK
WITH A YOUNG PERSON THAT YOU
KNOW NEEDS A VIBE BOOST TODAY!**

Young people need to send the sign-up code VIBE in a WhatsApp to the Vibe Check number 246-843-9415. Or simply tap this link to open a WhatsApp message to Vibe Check: <http://wa.me/12468439415?text=vibe>

WHAT IS VIBE CHECK?

Vibe Check is a free interactive personal development programme, operated on WhatsApp, for young people struggling with life skills such as confidence, communication and self-regulation. It's a confidential, easy to use tool that gives them the power to make positive changes, boost self-esteem and succeed every day.

HOW VIBE CHECK WORKS

- ◆ Share Vibe Check with a young person that you know needs a boost today! Message 'VIBE' in WhatsApp to 246-843-9415.
- ◆ Pick from topics like 'Confidence', 'Communication' and 'Managing Feelings' to get started.
- ◆ Work through an inspirational series of confidential, automated tips, advice and exercises about their chosen topic.
- ◆ Put these new skills to work in all areas of life to achieve better relationships, opportunities and success.

**Positive Thoughts,
Positive Mind =
Positive you**



YOUNG PEOPLE FROM BARBADOS HAVE TOLD US:

I love all the good ideas y'all give to improve different things, especially finding my strengths, thinking confidence into existence & positive thinking.

Vibe check helped me learn more about myself and how to speak to people.

Before I felt like I was alone in trying to overcome what felt like such low self-esteem and confidence, but now I know I have the power to make changes and that I don't have to do it all on my own.

WHAT ARE THE BENEFITS?

- ✓ Improves the skills of the youth to set them up for success in their personal lives.
- ✓ Helps them to improve their ability to manage feelings.
- ✓ Gives the youth the tools to enhance their communication skills.
- ✓ Boosts their confidence and self-belief!

TO SIGN UP

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