

## Sarah Bull, case study

When I saw this course advertised I thought it'd be a great opportunity to learn new things, meet new people, and to progress. I saw the main purpose of the programme as giving back to residents in Nottingham who are sometimes struggling to make the best go of their lives.

The programme was advertised through Futures, so there seemed to be active encouragement from the organisation to support people. I was encouraged to see that the application form wasn't onerous. I liked being asked to express what I've done and what I'm about in 150 words. I wasn't daunted by the assessment centre in any way.

Every part of the programme was really good. I loved the venues and the tutors, who were insightful, helpful, and inspirational.

### What was the high point for you?

The sessions with Lesley Cramman. I thought they were particularly inspiring and focused a lot on being your authentic self, which resonates with my personal values. 'Board Level Communication' was a particularly good session, and the group were buoyant and working well together. It was a high point for bonding, developing, and learning together in a proactive way. David Weaver's 'Political Awareness' was also a good session. He communicated so well, explained things clearly and connected things up. From that, I learnt that I'm a lot more task-focussed than she thought.



**"I've enjoyed every minute of the programme, the whole thing, it was really, really great"**