



**URBAN  
SAINTS**

# **Into Action**

## **Training Programme**

**Introduction to youth and  
children's leadership for  
young people aged 14+**



# **Coach's Information Sheet**

First Edition

## Thank you for agreeing to act as Coach for one or more teenage helpers starting on the Into Action Programme!

The aim of this information sheet is to explain:

- The nature of the training programme;
- What is expected of helpers during the programme;
- How Coaches can best look after those on the programme.

Many young, potential Christian youth and children's leaders are lost each year, often because their own youth leaders are not sure how best to begin helping them to take on responsibility or they are too hard-pressed to cope with the task of training them from scratch. The *Into Action Training Programme* seeks to provide a solution to both of these problems and our hope is that it will prove extremely beneficial not just for the teenage helpers in your youth/children's group but also your team as a whole.

Further details, including access to the resources for the helpers on the programme, may be found here: [www.energize.uk.net/articles/discipleship/into\\_action](http://www.energize.uk.net/articles/discipleship/into_action)

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# URBAN SAINTS

Into Action Training Programme, Coach's Information Sheet.

First Edition.

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# Information for Coaches

## What is the Urban Saints Emerging Leaders initiative?

Urban Saints has a long history of encouraging teenagers and young adults into leadership and providing a wide range of leadership development opportunities within the Christian community.

The Emerging Leaders initiative carries this strategy forward and Urban Saints aims to provide a range of resources to help train a new generation of young Christian leaders in a variety of contexts.

- The *Into Action Training Programme* is a year-long, on-the-job training resource specifically produced for emerging leaders in any Christian youth and children's group.
- Central to this programme is a Coursebook containing the Units and Challenges to be completed by participants as they help out in their group. We also provide a range of support materials available on the Energize website.

## What are the criteria for joining the Training Programme?

The programme is aimed specifically at those aged 14+ in Christian youth groups who have shown leadership potential and are ready to start helping at their group.

- Participants will work alongside the rest of the leadership team, helping to run the weekly programme for the children and young people. It is best if they work with young people at least **two** academic years below them.
- No previous experience of working with children is required, but participants must show a real interest in joining the programme to develop their leadership skills.
- Whilst there isn't an expectation that participants will be committed Christians when they start the programme—although some groups may prefer to make this a requirement—they should be willing to learn more about the Christian faith and be prepared to support the young people in their own faith journeys.
- Participants will need to be able to set aside the time needed to help at their group each week and complete all the Units and Challenges in their Coursebook. This may require them to sacrifice something else less important to free up the time.
- It is important that the *whole* leadership team is fully supportive of participants in their role.

## What will participants gain from taking part in the programme?

The programme is designed to provide a really good grounding in some of the key areas of youth and children's work that all helpers need to know when starting in their role.

They will also gain a lot of practical experience working with children and young people and develop a wide range of skills and perspectives important for those in leadership.

The Units and Challenges in this Coursebook will help them to learn the following:

- Creating safe environments for children;
- Understanding the needs of children;
- Working effectively with children;
- Qualities of effective leaders and teams;
- Sharing the Christian faith with children;
- Running activities with children;
- Working successfully in a team.

They will also develop these skills:

- Observation;
- Communication;
- Planning;
- Organisation;
- Responsibility;
- Decision making;
- Teamwork;
- Delegation.

## How much time will be needed to complete the programme?

The Coursebook is at the heart of the programme and it will take about three terms to complete, working between two and three hours per week.

- This time includes:
  - Attending the group at which the participant will be helping;
  - Completing the material in the Coursebook and preparing any activities required;
  - Attending planning meetings, etc. organised by the group's leadership team;
  - Working through the follow-up material on the Energize website.
- Although the programme can be started at any time during the year, the beginning of the autumn term is recommended.

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- Many of those starting the programme will be studying for exams at school or college and so we ask that Coaches regularly check that a participant's academic studies are not being affected by participation in the programme.

## How do participants complete the Coursebook?

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The twelve Units and three Challenges should be completed in order and we recommend that a new Unit is started every two to three weeks or so. The Challenges take a little longer and may well overlap a little with subsequent Units.

- Coaches may download a copy of the Coursebook from the support website given below. It should be used for reference only and for copyright reasons may not be copied in any way and given to anyone outside the group.
- Although the Coursebook needs to be completed, the participant's main focus is to help out at their local group as fully as possible, bearing in mind their age, experience and the time they have available.
- When participants have completed the Coursebook they may apply for a Certificate of Achievement. The Application Form is provided at the back of the Coursebook.
- Urban Saints provides a page on the Energize website with follow-up videos and other materials that support the Coursebook, as well as links to other leadership development opportunities. The web link is:  
[www.energize.uk.net/articles/discipleship/into\\_action](http://www.energize.uk.net/articles/discipleship/into_action)

## What does the role of Coach entail?

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Coaches help and support those on the programme by:

- Keeping a check on their progress as they work through the Coursebook;
- Offering insight and advice as required for some of the Units and Challenges;
- Dealing with any problems that arise with the programme material;
- Signing off the course Units and Challenges in the Coursebook as they are completed;
- Offering encouragement and guidance to them as they explore the Christian faith.

Please note: Whilst there are some follow-on materials on the website that support faith development and explore leadership from a biblical perspective, we don't provide any detailed biblical input as we believe local leadership teams are best placed to meet the discipleship needs of the participants.

## What happens if participants can't complete the programme?

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Inevitably some participants will find that circumstances change and for one reason or another they cannot complete the programme.

- As long as they have completed at least Units 1 to 6 and Challenge 1 then they may apply for their Certificate—the Units and Challenges completed will be endorsed on the Certificate.
- The leadership team will need to decide if they may still carry on helping at the group as a helper.
- If a participant moves away part way through the programme then they have two options:
  1. Continue with the programme at a different Christian youth and children's group, provided they can find a leader there to act as their Coach for the remainder of the programme;
  2. If they can't continue and have completed Units 1 to 6 and Challenge 1 then they may apply for a Certificate as explained above.

## Starting the programme:

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Participants are asked to work through the following with their Coach before starting:

- Decide which age-group they will be working with;
- Decide when they will start helping at the group;
- Plan out which Units/Challenges they will aim to complete during the first term. If appropriate, they could pencil in the expected start dates of the Units in their *Progress Tracker* (page 1 of the Coursebook);
- Plan out roughly when they expect to start the rest of the Units and Challenges over the year;
- How they should deal with any welfare concerns that come to their notice.