

# Know You More

Empowering Self-Development

## Everyone can make their mark on the World.

We can all shape our future and lead a life that's fulfilling and fun. That journey starts by knowing who we are and what motivates us.

We believe that a deeper level of self-knowledge is critical when making the transition from the world of education to the world of work and beyond. There are no formulas, cookie cutters or prescriptions to help. Everyone is different and how we learn about ourselves, is also different.

## Know You More exists to accelerate the self-development of young adults.

We're committed to coaching them to have the skills and confidence to think for themselves so they can take control. And, by empowering young people, the benefits go way beyond the individual. Employers, social enterprises and the wider community reap the rewards of confident and engaged young people.

Our approach allows us to reach young people from all backgrounds. When we coach students, apprentices, graduates or young professionals in organisations, we invest our profits with charities that support young adults.

## Our mission is to empower young adults to make the impact they want to make in the World.

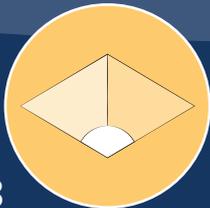
### Coaching

### Giving



1

**Becky** is a manager of ABC Group. She's supporting Douglas who is part of her team.



3

Becky engages Know You More to support the development of their graduates.



2

**Douglas** has joined ABC Group graduate programme and would like help with his communication skills and career goals.



4

**Claire** is a Know You More coach and is matched to support Douglas.



Douglas and Claire work together. Douglas now has more confidence in sharing his thoughts with his team as well as having a clear set of personal and career goals.



5

**Bright Futures** is a young persons charity local to ABC Group. Bright Futures receives coaching or funding from Know You More to support their community projects.



6

**Katie** is taking part in the Bright Futures employability programme & wants support developing her plan to become a graphic designer.



7

**James** is a Know You More coach and is matched to Katie



Katie and James work together. Katie now has the confidence to apply for a Graphic Design course and gains valuable work experience with a local design agency.

If you share our passion for supporting the self-development of young adults, we'd love to have a conversation.

Visit <https://calendly.com/timknowyoumore/> to arrange a short introductory call with Tim our Head of Development. He'll answer any questions you might have and share more about our vision.