

Elisa's Story

Elisa's journey through the Fusion Community Leaders programme transformed her from a shy teenager into a confident coach, empowering her to make a positive impact on her community.



"Elisa has been an exemplary role model for the pupils and has significantly benefited from her volunteering opportunity."

Oliver Bristow, Education and Community Sports Coach at Active Fusion

Elisa, a young resident of Doncaster, was a shy and reserved teenager with a passion for helping others but lacked the confidence and skills to make a tangible impact. Her community faced numerous challenges, including low physical activity engagement, poor physical and mental well-being, poverty, low educational attainment, and high unemployment levels.

To address these issues, Active Fusion launched the Fusion Community Leaders programme, funded by Well Doncaster, to empower young people like Elisa to lead change through sports and physical activities.

The Fusion Community Leaders programme is designed to equip disadvantaged young people with new skills and opportunities. It provides a pathway for young leaders to steer and develop community activities, supported by experienced coaches and local partner organisations. The programme includes: training in sports leadership, a Sports Leaders qualification, opportunities for youth-led commissioning and pathways to employment through a Community Sport Health Apprenticeship Programme.

When Elisa joined the Fusion Community Leaders programme, she was initially nervous about interacting with others and lacked the confidence to lead. However, with the support and guidance from the Community Coaches, Elisa began to transform. She learned crucial skills such as effective communication, understanding different learning styles, and coaching techniques.



Oliver, an Education and Community Sports Coach, recalls Elisa's early days in the programme: "Since I first met Elisa, she was a very shy girl. While teaching her during her Sports Leaders Level 2, Elisa had to complete some volunteering hours in her local community for her qualification. She came to a session at Bentley Youth Hub, starting off very timid. But over the weeks, she came out of her shell, and by the end, we got her to deliver on the session. Overall, Elisa has been an exemplary role model for the pupils and has significantly benefited from her volunteering opportunity."

Aleksy, also an Education and Community Sports Coach, added, "Throughout Elisa's volunteering at the youth hub, she has gained further experience in delivering a variety of games such as ball games and invasion games. During her delivery, she has been able to provide a verbal explanation of activities with confidence and a visual demonstration, always considerate of health and safety. She adapted the activities to ensure pupil engagement."

Elisa's journey through the Fusion Community Leaders programme not only transformed her personally but also had a positive impact on her community. By volunteering with Active Fusion, she helped deliver the programme to other young people, increasing the number of active hours children participated in beyond the school day. Her involvement provided critical support to keep children from low-income families safe, fit, and engaged in their communities.

Completing the Fusion Community Leader qualification was a significant milestone for Elisa. It provided her with the confidence and skills necessary to pursue a career in coaching. She now envisions a future where she can continue to work with young people, using sports and physical activities as a tool for social change.

Elisa's story is a testament to the power of community-driven programmes and the potential of young leaders to create lasting change. Through the [Fusion Community Leaders](#) programme, supported by [Well Doncaster](#), Elisa not only overcame her personal challenges but also contributed to the well-being of her community. Her journey from a shy teenager to a confident coach and role model illustrates the programme's success in fostering youth leadership and community engagement.

Discover more about Fusion Communities Leaders [here](#) or read more stories just like Elisa's [here](#).



I have learned how to communicate better with people without getting nervous and the coaches have taught me skills that will benefit me in the future when going into coaching as a job later in life.