

**The Social Capital  
Network's  
#livelifedeliberately  
Bronze Award Project**

**Social Capital - "the  
belief in a universal  
bond of sharing that  
connects all humanity"**

NPO Registration #: 2017 / 347623 / 08  
BEE Level 1 rating



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# SOCIAL CAPITAL NETWORK



**SOCIAL CAPITAL  
NETWORK**

# #livelifedeliberately Project Encourages:

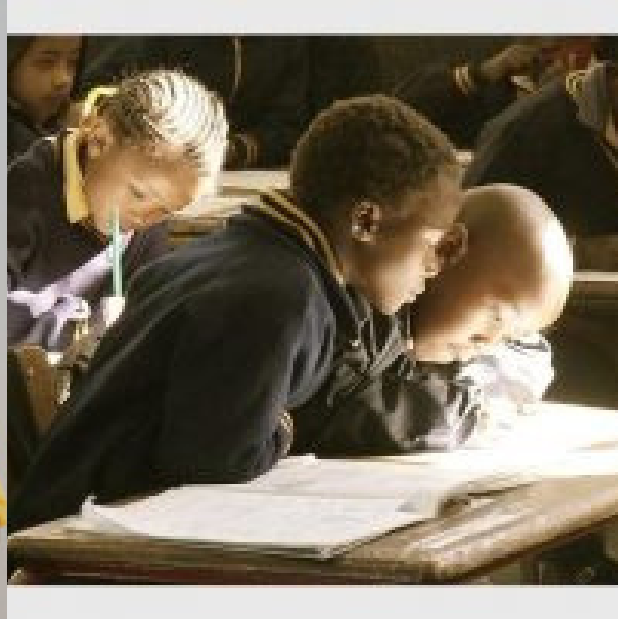
resilience

leadership

service to others

physical growth

skills development



## What is the project about?

The #LivelifeDeliberately project is a leadership & skills development project for girls from 14 years upwards. In partnership with The President's Award and PAD, the #LiveLifeDeliberately project has 3 phases ranging from 6-12 months per phase. On completion of the first phase the participant will receive a Bronze Award, second phase, a Silver Award and the third phase a Gold Award endorsed by the South African Presidency & the Duke of Edinburgh.



# #livelifedeliberately Project Explained:

Session 1: My Dream Board  
Session 2: Facing my Giants  
Session 3: Service to Others  
Session 4: Physical Activity  
Session 5: Developing Skill  
Session 6: Adventurous Journey

## Minimum completion requirements for the Bronze Award includes:

- \* **Service:** at least 24 hours of service to others spread over 3 months;
- \* **Physical Activity:** Select an activity & show regular effort & improvement for 3 months;
- \* **Developing Skill:** Select an activity & show regular effort & improvement for 6 months;
- \* **Adventurous Journey:** Undertake a journey with an agreed purpose over 2 consecutive days and 1 night in a group of no fewer than 4 peer equals and supervised and assessed by an experienced adult(s). 6 hours planned activity per day. Accommodation in tents, or trail huts or similar.



# #livelifedeliberately Anticipated Outcomes:

## Outcomes



- Bridging the gender gap and empowering marginalised girls, building their self-worth and enabling them to demonstrate their potential.
- Increasing self-awareness and the ability to face life's challenges with courage and resilience.
- Increasing the involvement in volunteering and community activities, and participation in the social and political life of their community



# #livelifedeliberately Anticipated Outcomes continued:



## Outcomes Continued:

- To increase leadership capabilities & increasing access to development opportunities.
- Increasing physical fitness, and a sense of emotional and mental well-being.
- Improving employment levels and mastering skills.

# Thank You

