

### **Reaching Your Life's Goals:**

Helping NEET youth re-engage with the world of training and work

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Youth unemployment reached a historic high of 23,5 % in 2013 in Europe, with the consequence of losing a 5,7 million youth in regard to the workforce. The Erasmus+ programme: RLG project concentrates on these low skilled young people, often classed as NEETs, (not in employment education or training) within the age-range of 16 to 24 year-olds in each of the four partner countries.

RLG is a 12-week programme centred on transportability and dissemination (Chorpita, 2003) of intervention, employing self-rating scales and observations as assessment methods as indicators of effectiveness. The program designed to promote the skills, behaviours and attitudes that help turn NEET youth into proactive members of society with the ability to move forward into training, employment or self-employment was tested on 160 participants, and intervention was tailored according to the needs of the specific groups in the field of ten competencies identified as instrumental in reaching the goals of the program.

A comparison of pre- and post-intervention self-rating scales developed on the basis of JET framework, as well as activity based behavioural assessments showed that out of the ten competencies, interpersonal skills and problem solving emerged as the two showing the highest and significant gains.