

## OVERVIEW

**The Well-Being Project is geared toward the sustainable enhancement of citizens' well-being. Our project is inspired by the desire to provide youth with holistic childhood experiences that equip them to live physically, mentally, and spiritually healthy lives.**

Through a variety of foci, including nutrition, sports, wealth, career development, well-being, and skill development, the Project seeks to promote social cohesion and make a significant contribution to the social fabric of humanity.

Sports, specifically the Grassroots Soccer Programme, which aims to meet the capacity needs necessary to help young people become exceptional soccer/football players and to encourage various soccer clubs and coaches to become involved in raising the level of play across the country, is a central component of this project. This development programme will be carried out by concentrating on youth soccer leagues and community.



## FOCUS AREAS

1. Nutrition | Children, 0-100 days old
2. Sports | Community & school soccer and competitions
3. Wealth | Pre-primary to Grade 12 Children
4. Career Development | Pre-primary to Grade 12 Children
5. Well-Being | Mental, Spiritual, Sex Ed, etc – Children
6. Skills Development | Youth-focused

## BENEFICIARY/COMMUNITY BENEFIT

1. Health & well-being
2. Youth development
3. Progress towards SDGs 2.2, 3 & 4
4. Increased safety, especially for vulnerable groups including women and children
5. Capacity building & skills development
6. Socio-economic development

# THE BIG IDEA

## THE BASIC NEEDS : THE WELL BEING PROJECT

### HOW TO PARTICIPATE

This programme is designed and implemented by  
[www.innv8e.com](http://www.innv8e.com)