



Hear from some of our young leaders [here](#).

MOVE WITH US LEADERS ACADEMY

#HAF2025

Active Essex is committed to empowering the next generation of leaders, volunteers, and coaches by expanding opportunities for young people aged 12–18 to grow within the sport and physical activity sector, and beyond.

The Move with Us Leaders Academy (MWULA) provides a pathway into leadership, volunteering, and coaching, equipping young people with the skills, confidence, and experience they need to thrive within their communities and future careers.



228

young leaders engaged this summer

56

holiday clubs supporting young leaders through Essex ActivAte

32

organisations delivering the MWULA through the Essex ActivAte programme

The MWULA is an extension of the wider Active Essex Move with Us campaign, created with the Essex Children's Partnership Board. It encourages children to find suitable physical activities and promotes positive movement attitudes. Additionally, the Leaders Academy supports young people through volunteering in community sports and schools.

Training

To help young people enhance their CVs and gain new skills, we partnered with Sports Structures to offer the Level 1 Multi-Skills Activator course. This accredited training prepares participants for leadership roles in their communities.

For many from underrepresented backgrounds, obtaining a recognised qualification was transformative, providing a sense of achievement and a clear path for personal growth.

19 young people joined the Level 1 Multi-Skills Activator course, with 16 earning their qualification, gaining confidence and leadership skills.

Key Learnings

- Encourage collaboration and shared learning among organisations supporting young people.
- Empower partners to create opportunities for youth to thrive and succeed.

“ The young people loved transitioning from club attendees to leaders this summer! I aim to further develop the programme moving forward. Notably, one leader, Ellexie, won the 'For the Good of the Community Award' at the Tendring Youth Awards in July 2025, we are so proud of them!

- PROVIDER

