

GET ON TRACK

Birmingham



Micah Golding

22

Mentored by Courtney Fry, boxer

Sport participation before Get on Track

Micah wasn't active and was unemployed. In his own words, he was, "at home with my kids basically doing nothing."

Get on Track: the turning point

In exploring potential employment opportunities, a visit to a construction site really struck a chord with Micah. He spoke to an apprentice there, who said it had taken him three attempts to secure a job there.

This inspired Micah. It showed him just how you need to keep on trying and never give up.

"Micah has become a real leader in this group, showing a 'can do' attitude when faced with all different scenarios. I have the utmost confidence in him to make a success of his life."

Courtney Fry

Life after Get on Track

Since Get on Track, Micah has taken a 'why not?' approach to taking on challenges in life.

Having seen the impact of supporting young people, Micah has aspirations to work in the youth sector, and has secured a volunteering position with Personal Development Point Ltd, a leading organisation in the youth sector.

Sport participation after Get on Track

Micah particularly enjoyed the taster sessions in boxing and judo.

Having worked with Olympic boxer, Courtney Fry, he is now looking to join a boxing club and commit to the sport on a regular basis.

He is now participating in a range of sports on a regular basis, particularly football, which he plays twice a week.

Micah Golding

"I've definitely been through a tough journey, but one thing I would say is just try it, and if you keep your mind to something and stick to it, you can do it. There will be things to pull you back and make you fall off but if you stick to it and keep your mind to it you can do it."