

### My Bite Back Leadership in Action Project:

My leadership in action project was with Bite Back 2030, a youth-led movement to create a healthier and fairer food system. Their goal is to halve childhood obesity by 2030. Leading a project ahead of their annual Youth Summit in October, I looked into the interests of the guests to see how the summit could be tailored to those attending, I looked at individuals who would enjoy the summit who were not yet on the guest list and finally I supported the technical planning of the summit.

More specifically I had three deliverables:

I looked at charities and campaigns that the delegates were already contributing to or supporting to find out whether Bite Back would be a good fit for them and specifically which part of Biteback (such as the youth boards, national campaigns etc.) would interest them the most.

I also found patrons of charities similar to Bite Back and looked at their general philanthropic interests as well as organisations and campaigns they had previously engaged with. This enabled me to find out if they might be interested in working with Bite Back and if so, which part of Bite Back's mission they might be interested in.

I researched many different trusts and foundations whose aims fit well with Bite Back's mission, looking at the types of grants they give, how much and what they cover. For the trusts and foundations that fit well, I looked at the applications processes for each one and gave recommendations for different points Bite Back could emphasise with each one to show how their work is benefiting young people in different ways.

I researched and recommended technical solutions that would enable the smooth running of logistics. I looked at five key areas: the best way to create and send out a seating plan and ensure that it would fit the venue, ways to gather feedback during the event to allow interactive audience participation and ways to gather feedback after the event to understand guests' favourite parts and what could be improved for next year. Then the final two areas were: the best way to share photos with the guests during and after the event – considering private groups, public groups and how the guests could share their own photos, then finally how to manage the guestlist and send out information to the guests before the event.

I really enjoyed having three smaller projects to work on within my larger one. It was great for variety, but I also liked being able to find the connections between the three smaller projects. It also allowed me to experience a broader scope of what Bite Back does, while still being able to go into depth for each project.

Everyone at Bite Back was very welcoming and my supervisor was happy to answer any questions. I really enjoyed being a part of that environment as I felt comfortable asking any questions or letting them know any difficulties I had.

Finally, I especially enjoyed being able to see the direct impact of what I was doing and how it would help young people. This showed me how important it is to really care about what you're doing in a leadership role.