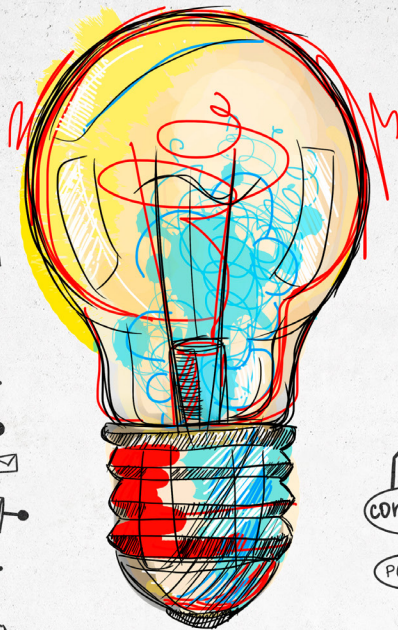


FIFE ENTERPRISE



Information Pack



INTRODUCTION

This booklet has been co-ordinated in partnership with Fife Council's Culture of Enterprise programme (CoE), Developing the Young Workforce (DYW), Social Enterprise Academy, Young Enterprise Scotland (YEScotland), Business Gateway Fife and Fife College. Our shared objective is to empower young people across Fife with the skills, knowledge, and inspiration needed to thrive in today's dynamic economic landscape.

Aligned with Fife's economic strategy, our goal is to foster a robust culture of enterprise and innovation among our youth. By providing a comprehensive overview of the diverse entrepreneurial and enterprise events and activities available, we aim to equip young individuals with the tools to become the next generation of successful entrepreneurs and business leaders. This booklet serves as a gateway to opportunities where students can engage in practical learning experiences, develop essential business skills, and connect with inspiring mentors and peers.

From hands-on workshops and competitions to insightful seminars and networking events, the programs listed within these pages are designed to cultivate an entrepreneurial mindset and prepare our young people for the challenges and opportunities of the future. We believe that by investing in our youth, we are investing in the future prosperity of Fife.

We encourage all students, educators, and parents to explore the offerings in this booklet and participate actively in these transformative initiatives. Together, we can build a vibrant, innovative, and economically resilient Fife.

Thank you for your support and enthusiasm in fostering a thriving entrepreneurial spirit within our community.



PARTNERSHIP APPROACH TO ENTERPRISE

Culture of Enterprise (CoE)



At Fife Council, the Economic Development team are committed to linking both education and industry together. They deliver this via exciting enterprising programmes aimed at both primary and secondary schools within Fife.

The programme helps inspire future entrepreneurs by developing enterprising skills within young people. This includes growing their commercial awareness, decision-making, problem-solving and communication skills.

For more information please visit www.investfife.co.uk/who-we-are/culture-of-enterprise/

Business Gateway Fife



Business Gateway Fife, delivering on behalf of Fife Council, offers a range of support and advice to individuals who are looking to set up in business, newly formed businesses and existing businesses who are looking to grow and develop.

For more information please visit www.bgateway.com/local-offices/fife/local-support

Developing the Young Workforce (DYW) DYW



DYW Fife aims to better prepare young people for the world of work by creating stronger partnerships between employers and education. It focuses on equipping young people with the skills, knowledge, and experience they need to succeed in their future careers. DYW Fife works with schools, colleges, and businesses to offer a variety of opportunities, including work experience placements, volunteering, work inspiration, mentoring and entrepreneurship. The aim is to ensure that young people in Fife are aware of and ready for the career opportunities available to them. This will address skills gaps and support economic growth in the region.

For more information please visit dywfife.com/

PARTNERSHIP APPROACH TO ENTERPRISE

Fife College Fife College

Fife College embed the theme of enterprise throughout the curriculum to promote the skills and enhance awareness of how to engage with ventures that encapsulate entrepreneurship. Students are exposed to industry leading experts and work on projects throughout many of the courses offered within the college. Additionally, Partnerships are grown throughout the region to encourage application of theory based learning within the working environment. Furthermore, Fife College have a dedicated employability team and a Bridge 2 Business Entrepreneurial Executive who engage with several curriculum areas to enhance entrepreneurial learning and teaching.

Additionally, Fife College recently launched the Adam Smith Scholarship, in partnership with Fife Council Economic Development, OnFife and Business Gateway Fife. This scholarship offers the opportunity of funding for students to develop their own business ideas. Adam Smith Scholarship.

For more information please visit www.fife.ac.uk/

Young Enterprise Scotland



Young Enterprise Scotland offers a wide variety of enterprise and financial education programmes and development opportunities for young people across all of Scotland.

For more information please visit yes.org.uk/

Social Enterprise Academy



Social Enterprise Schools Scotland enables every young person to step up, realise their potential, and create the change they want to see in the world. By giving young people a real-life experience of running their own social enterprise in school, this fully funded programme delivers transformational learning that impacts both them and their community.

For more information please visit socialenterprise.academy/social-enterprise-schools-scotland/

Youth Philanthropy Initiative Scotland 'The Wood Foundation'

The Youth and Philanthropy Initiative (YPI) is a powerful active citizenship programme empowering young people to make a difference in their communities while developing a range of skills. YPI engages a full year-group of students, developing skills and confidence through a contextualised learning experience. The programme raises awareness of social issues and local charities and provides a unique model of devolved, locally driven grant-making.

For more information please visit ypiscotland.org.uk/ or email ypi@thewoodfoundation.org.uk

The King's Trust

The free King's Trust Enterprise programme has helped over 90,000 young people across the UK to start their own business - and you could be next.

Our support, for those aged 18 to 30, runs regularly across Scotland, both virtually and face-to-face, helping entrepreneurs to create a business plan and learn about marketing, tax and other useful topics. Alongside the opportunity to explore funding and grants, young people will also gain a business mentor for up to two years to help plan and overcome challenges. Got a business idea in mind? From training and mentoring support to funding and resources, we're here to help you become the best entrepreneur you can be.

Eligibility - 18-30 years old, Right to work (and start business) in UK, not registered or actively trading for more than 1 year.

For more information please visit [Kings Trust](http://KingsTrust.org.uk)

Terian Tilston

INTERIOR DESIGNER, FIFE.

From an early age, it was quite clear that I was a creative sort. As a child, I would spend hours drawing, painting, sewing and even redecorating my bedroom. Interiors inspired me! I remember telling my primary 3 teacher confidently that I wanted to be an Interior Designer when I grew up. I always knew at some point in my life I wanted to run my own business and be an inspiring leader.

This all changed when I got to high school. I come from a very hard-working West Indian family where it was drilled into me that I would need to work and study hard to support myself financially. The creative industries were for the privileged and never really an option for me. Although I always had these creative aspirations, I didn't know anyone in my family or around me at all who was

in a creative career to prove otherwise. So, I felt quite a lot of pressure to go into a profession where I knew there would be a guarantee of well-paid work at the end.

I decided that I would focus on becoming a lawyer and so worked unbelievably hard

to get a place to study law at the University of Dundee, where I graduated with a 2:1 Bachelor of Laws - LLB and then achieved a Diploma in Legal Practice. I then did my 2-year traineeship at Thorntons Solicitors and qualified as a Solicitor thereafter working 6

years as a Litigation solicitor.

Although I did love my time at University and I loved helping people through my role as a lawyer, I always knew deep down it just wasn't what I wanted to be doing. Coincidentally, I was diagnosed with dyslexia when I was in my 2nd year of university, which explains my creative thinking and passion for entrepreneurship.

I fed my need for a creative outlet during my traineeship where I set up a small business on the side called "The little brown bear" where I designed and made soft furnishings mainly for kids' rooms. I would work during the day and then every evening and weekend I would be building my brand and making it sell at markets and online through my website. The business grew substantially (sort of by accident, fuelled by passion!)

I would often give my customers interiors advice when they were placing orders, and I was creating

interiors content on social media.

In 2018 I was scouted online for a TV show called Interior Design masters which was a real turning point for me. I was filming this show at the same time as working full time as a lawyer (and a mum to a 3-year-old at this point too).

After filming finished in September

2018, my mum passed away very suddenly and unexpectedly and my whole world came crashing down. My home very much became my sanctuary. With virtually no budget, I started redesigning and redecorating each room in my house to create special spaces for myself and my family to support us, our needs and our mental health.



Primary

| Project Name | Project Description | Year | Organisation | Duration | When | Curricular Area |
|------------------------------------|--|------------|--|----------|---|--|
| 4 to Fortune | Pupils receive £4 per group of 4 and have 4 weeks to start an enterprise and maximise profit. Each week, they upload their team’s balance sheet to track spending and earnings. Schools can use the profits to support local causes or fund school projects. Alternatively, schools may establish a sustainable social enterprise, reinvesting the seed money the following year to enable more pupils to participate. | P1-P7 | Fife Council (Culture of Enterprise Programme) | 4 weeks | On Demand | Literacy, Numeracy, Enterprise |
| Coach to Succeed | Social Enterprise Academy deliver a mentoring programme with corporate partners in the business community, enabling young people to meet and be inspired by business professionals, unlocking potential in our future workforce. The programme also allows companies to engage with communities. Participants can earn the Social Enterprise Academy award for schools and young people. The programme is linked to accreditation from organisations within the Awards Network, such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. It also aligns with NPA Enterprise and Employability and other SQA qualifications, such as Kings Trust, and is mapped to evidence formal and informal qualifications. | P1-P7, ASN | Social Enterprise Academy | Flexible | On Demand | Supports project based learning in an interdiciplinary way |
| Dragons Den | In partnership with Fife Council's Culture of Enterprise Programme, all schools in Fife can participate in an inspirational Dragons' Den-style event. During the event, teams of young people from primary, secondary, and ASN schools pitch their ideas to a panel of friendly dragons. Each participating school receives seed funding to grow their business idea. Once registered, schools receive full training and support for teaching staff and a pupil workshop to help prepare. The programme is linked to accreditation from organisations within the Awards Network, such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. Participants can also earn the Social Enterprise Academy award. | P1-P7 | Fife Council (Culture of Enterprise Programme) and Social Enterprise Academy | Flexible | This even normally takes place in the spring. Full support will be given to schools wishing to participate. | Supports project based learning in an interdiciplinary way |
| Meet the Business | This programme enhances young people’s knowledge of the Fife economy and local businesses, raising awareness of various business types, job roles, and career opportunities. Fife businesses will share website profiles and corporate video content to help young people learn about the companies. By providing flexible resources, the aim is to influence young people’s aspirations and develop a future workforce with the necessary skills for Fife. | P1-P7 | Fife Council (Culture of Enterprise Programme) | Flexible | On Demand | Enterprise, Decision Making |
| Renewable Energy and STEM Outreach | Bright Green Hydrogen provide outreach to schools showing pupils the effectiveness of renewable energy and why this is required to meet net zero for our planet. There are a variety of workshops that can be provided depending on the experience and outcomes from Curriculum for Excellence. Bright Green Hydrogen can work with schools to allow all pupils access, no matter the age stage and the ability of the class. | P1-P7 | Bright Green Hydrogen Ltd | Flexible | On Demand | STEM |
| Social Enterprise Schools | A social enterprise is a dynamic business with a social or environmental purpose that invests its profits for community benefit. Social entrepreneurs worldwide design solutions to issues like energy affordability, food sustainability, climate change, and public health. Social Enterprise Schools' fully funded programme engages young people in running a real-life business, making a positive community impact. It invites all young people to explore and tackle social or environmental issues through social enterprise. The programme offers practical experiential learning of social justice, with full training available online or in person at no cost. Teachers and youth workers can access resources and support from a dedicated schools coordinator. By participating, schools and young people can earn the Social Enterprise Academy award and gain accreditation from organisations such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. | P1-7, ASN | Social Enterprise Schools - Social Enterprise Academy | Flexible | On Demand | Supports project based learning in an interdiciplinary way |

Primary

| Project Name | Project Description | Year | Organisation | Duration | When | Curricular Area |
|---|---|--|--|------------------------------|---|---|
| Fiver Challenge | This programme is teacher-led, with support and guidance from YE Scotland staff. Pupils receive £5 from their school to start their enterprise. Working in teams, they decide on a product or service to invest in, source materials, prepare sales pitches, and plan selling events. By creating a business idea and product or service to sell, they gain firsthand entrepreneurial experience. Pupils are encouraged to think ethically and sustainably while aiming for profit. They then decide how to spend or donate their profit, making a positive contribution to society. | P5-P7 | Young Enterprise Scotland | 5 weeks | Flexible (DIY version); May-June (UK Competition version - exact dates will be released by Young Enterprise UK) | Literacy, Numeracy, Technologies, HWB |
| Circular Economy Challenge | The challenge is a 6-8 week project led by teachers. Pupils are inspired by real-life case studies of circular economy businesses and tasked to create a new product or service that eliminates waste. This could be a repair service, a product made from rescued waste, or a sustainable product. They then create branding and marketing for their idea, culminating in a Dragon's Den-like event where pupils present to judges from the circular economy. This challenge raises awareness of the circular economy and builds essential life skills. | P6 | Young Enterprise Scotland | 6-8 week project | January - March | Literacy, Numeracy, Technologies, HWB, Social Studies, Expressive Arts, Sciences |
| Race to Zero | An Enterprise Game using an Augmented Reality (AR) app available on iOS and android free of charge. Pupils play as CEO of an energy company and need to transition their energy network to net zero by 2050. Pupils need to consider triple bottom line as they grow their company and complete STEM puzzles in augmented reality to support familiarisation with renewables technology. Pupils will grow their energy enterprise through a series of investment decisions and will need to budget carefully to ensure their virtual business is profitable whilst considering environmental and social impacts. | P6-P7 | Fife Council (Culture of Enterprise Programme) | 1-2hours | Throughout the year | Decision Making, Risk Management, Strategic Thinking, Financial Skills, Problem Solving |
| Energy Enterprise Challenge | Pupils will be tasked with examining the Global Goals then collaboratively design a wind turbine farm, creating logos for their business and write a business plan for their company. Pupils will then work in teams with the provided budget to launch their business. | Transition P6-S2 | Bright Green Hydrogen Ltd | Flexible depending on school | On Demand | STEM |
| EntrepreneurMe Step Up with Enterprise | The Step Up with Enterprise project is a full-day workshop for P7 pupils transitioning to S1, hosted in high schools. Up to 160 pupils work in groups of 8, becoming entrepreneurs for the day. They apply for job roles, receive a £25 start-up loan, manufacture products, and sell them. The workshop develops skills like teamwork, problem-solving, communication, literacy, numeracy, and financial management. Pupils also build relationships with future classmates. Up to 30 senior pupils (S3-S6) act as enterprise leaders, supporting teams and role-playing business roles. DYW business partners often participate as tax collectors or investors. | Transition P7 S3-S6 Pupil Mentors (30) | entrepreneurme education | 1 full school day | On Demand | MetaSkills, Literacy, Numeracy, Leadership, |

Secondary

| Project Name | Project Description | Year | Organisation | Duration | When | Curricular Area |
|--|--|------------|--|---------------|---|---|
| Coach to Succeed | Social Enterprise Academy deliver a mentoring programme with corporate partners in the business community, enabling young people to meet and be inspired by business professionals, unlocking potential in our future workforce. The programme also allows companies to engage with communities. Participants can earn the Social Enterprise Academy award for schools and young people. The programme is linked to accreditation from organisations within the Awards Network, such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. It also aligns with NPA Enterprise and Employability and other SQA qualifications, such as Kings Trust, and is mapped to evidence formal and informal qualifications. | S1-S6, ASN | Social Enterprise Academy | Flexible | On Demand | Supports project based learning in an interdisciplinay way |
| Dragons Den | In partnership with Fife Council's Culture of Enterprise Programme, all schools in Fife can participate in an inspirational Dragons' Den-style event. During the event, teams of young people from primary, secondary, and ASN schools pitch their ideas to a panel of friendly dragons. Each participating school receives seed funding to grow their business idea. Once registered, schools receive full training and support for teaching staff and a pupil workshop to help prepare. The programme is linked to accreditation from organisations within the Awards Network, such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. Participants can also earn the Social Enterprise Academy award. | S1-S6 | Fife Council (Culture of Enterprise Programme) and Social Enterprise Academy | Flexible | This even normally takes place in the spring. Full support will be given to schools wishing to participate. | Supports project based learning in an interdisciplinay way |
| Future Asset - Talks and Workshops | Future Asset can deliver talks and workshop activities on investment, investing and careers in the sector. These can be delivered by the Future Assets team or by volunteer Ambassadors from Investment Management firms. | S1-S6 | Future Asset | Flexible | On Demand | Enterprise |
| Meet the Business | This programme enhances young people's knowledge of the Fife economy and local businesses, raising awareness of various business types, job roles, and career opportunities. Fife businesses will share website profiles and corporate video content to help young people learn about the companies. By providing flexible resources, the aim is to influence young people's aspirations and develop a future workforce with the necessary skills for Fife. | S1-S6 | Fife Council (Culture of Enterprise Programme) | Flexible | On Demand | Enterprise, Decision Making |
| Social Enterprise Schools | A social enterprise is a dynamic business with a social or environmental purpose that invests its profits for community benefit. Social entrepreneurs worldwide design solutions to issues like energy affordability, food sustainability, climate change, and public health. Social Enterprise Schools' fully funded programme engages young people in running a real-life business, making a positive community impact. It invites all young people to explore and tackle social or environmental issues through social enterprise. The programme offers practical experiential learning of social justice, with full training available online or in person at no cost. Teachers and youth workers can access resources and support from a dedicated schools coordinator. By participating, schools and young people can earn the Social Enterprise Academy award and gain accreditation from organisations such as Learning for Sustainability, Eco-Schools, and Rights Respecting School. | S1-S6 | Social Enterprise Academy | Flexible | On Demand | Supports project based learning in an interdisciplinay way |
| Youth and Philanthropy Initiative (YPI) | Each school directs a £3000 grant to a local charity chosen by students through a programme of teamwork, research, and competition. YPI involves a full year group, developing skills and confidence through contextualised learning. The programme raises awareness of social issues and local charities, serving as a vital means of devolved, locally driven grant-making. Managed and funded by The Wood Foundation, a dedicated team partners with participating schools to maximise the opportunity. The programme typically takes 12-16 weeks to deliver, depending on its integration into the curriculum. | S1 - S6 | The Wood Foundation | 12 - 16 weeks | Typically in 1 Term (August - May) | RME, RMPS, Social Subjects, Wider Achievement, PSE, PSHE, IDL |

Secondary

| Project Name | Project Description | Year | Organisation | Duration | When | Curricular Area |
|--|---|-------------|--|---|--|--|
| Race to Zero | An Enterrpise Game using an Augmented Reality (AR) app available on iOS and android free of charge. Pupils play as CEO of an energy company and need to transition their energy network to net zero by 2050. Pupils need to consider triple bottom line as they grow their company and complete STEM puzzles in augmented reality to support familiarisation with renewables technology. Pupils will grow their energy enterprise through a series of investment decisions and will need to budget carefully to ensure their virtual business is profitable whilst considering environmental and social impacts. | S1-S2 | Fife Council (Culture of Enterprise Programme) | 1-2hours | Throughout the year | Decision Making, Risk Management, Strategic Thinking, Financial Skills, Problem Solving |
| RTX (Raytheon) Quadcopter Challenge | Teams across the UK compete in the Quadcopter Challenge. Over 100 teams enter, with the top 15 schools from each region advancing to the national final to test their flying and presentation skills. Each team receives a basic quadcopter kit and attends a build and fly day with our STEM ambassador team. Schools then modify the quadcopter to navigate an obstacle course. Teams present their ideas to a judging panel, which evaluates the designs and theme portrayal. | S2-S3 | Raytheon UK / RTX (formerly Raytheon), in partnership with Fife Council (Culture of Enterprise Programme) | March (Stage one) September – November (Stage 2) December (Final) | Application forms go out in February 2025 | STEM, Presentation Skills and Teamwork |
| YE Scotland - 10X Challenge | In the 10X Challenge, pupils are given £10 to start their own companies, learning about business planning, risk-taking, and profit-making. This teacher-led programme is supported by YE Scotland staff. Pupils use the £10 capital to launch their enterprise, working in teams to choose a product or service, source materials, prepare sales pitches, and plan selling events. They gain firsthand entrepreneurial experience, focusing on ethical and sustainable practices while aiming for profit. Pupils decide how to spend or donate their profit, contributing positively to society. The 10X Challenge can be accredited by SQA for Personal Development units in Self and Work, and Enterprise Activity. | S3-S4 | Young Enterprise Scotland | Minimum 4 weeks | Flexible (DIY/SQA version); Exact dates for UK Competition version will be released by Young Enterprise UK | Literacy, Numeracy, Technologies, HWB |
| Future Asset – Growing Future Asset Competition | The Growing Future Assets Competition is an annual investment pitching challenge for girls in S3-S6. Teams of 3-6 girls research and pitch a publicly listed company as a great long-term investment. They present their case in a written Research Report and a 3-minute Elevator Pitch video to win up to £1000 for their school and vouchers for team members. Teams are matched with a Competition Coach from the investment management industry for guidance. Participants become Future Asset Alumnae, gaining access to events, workplace visits, and information on work experience and internship opportunities. | S3 – S6 | Future Asset | 10 weeks | Mid September to end November / Beginning December Teams that reach the final deliver an extended live pitch in Edinburgh in March | Business Education, Maths, Economics – also relevance to other subjects including Modern Studies, Geography, English and STEM subjects Accreditation of the Competition activity via NPA in Enterprise and Employability, SCQF Levels 3-6 |
| Team Programme | The Team is a version of the Company Programme for students aged 15-19 with mild to moderate learning difficulties. Resources are available both online and offline. Participants can join the Company Programme and attend trade fairs and finals. The programme is suitable for teachers in ASN schools or mainstream establishments. It is accredited at SCQF Level 3, worth 15 credit points. | Age 15+ ASN | Young Enterprise Scotland | Full academic year | Begin June - Oct; registration deadline: mid-October | Enterprise |

Secondary

| Project Name | Project Description | Year | Organisation | Duration | When | Curricular Area |
|------------------------------------|--|------------------------|---------------------------|--|---|---|
| Company Programme | The Company Programme is the flagship initiative for S5 and S6 pupils, allowing them to establish and run a real-life company over an academic year. Pupils can sell online and at local trade fairs. Each region hosts a local final, with winners competing in the Scotland-wide final in June. Support is provided by a Local Area Team and a volunteer business adviser. The Company Programme is accredited at SCQF Level 6 (26-30 points), enabling young people to receive an award for their efforts. | S5-S6 | Young Enterprise Scotland | Full academic year | Begin June - Oct; registration deadline: mid-October | Literacy, Numeracy, Technologies, HWB, Social Studies, Expressive Arts |
| Powering Futures Challenge SCQF L6 | Powering Futures prepares the workforce for future jobs by developing critical skills and abilities sought by employers. Through the Powering Futures Challenge Programme, learners engage with real-life business challenges via problem-based, interdisciplinary learning. They develop meta-skills by creating sustainable solutions to business challenges and presenting them to judges. This exposure to workplace settings supports their progression into positive destinations. Delivered to over 1,600 young people in 29 local authorities in 2024/25, the programme addresses Improvement Priorities, Learning for Sustainability, and Developing the Young Workforce, aligning with the Muir, Withers, and Hayward Reviews of Scottish Education. High-quality teaching resources are provided. | S5-S6 | Powering Futures | 80 notional learning hours, requiring 2 50-minute periods per week | School enrolment end of April for delivery in following academic session. | Wider Achievement |
| Bridge 2 Business | Bridge 2 Business aims to inspire, connect and support, students through, and into enterprise. This is done at College level for students. The outcomes are delivered through workshop delivery, 1-2-1 support and events and initiatives on campus to support students. | College Students - 16+ | Young Enterprise Scotland | Full academic year | Readily available on demand for all college staff for the entirety of the academic year | Workshops cover a range of hard and soft skills. Content is covered across all faculties at the College |

Robyn Drummond

PERSONAL TRAINER, FIFE.

Hello, I'm Robyn Drummond, a qualified personal trainer, certified nutritionist, and founder of "Thrive with Robyn", an online health and fitness business. My journey to entrepreneurship wasn't straightforward, and it certainly didn't start with a clear plan.

I moved from Glasgow to Fife ten years ago, leaving school at 16 with no qualifications, I had no idea what I wanted to do with my life. However, one thing was certain: I always had a passion for health and fitness. Despite my lack of direction, I decided to study business management at Fife College, though I knew deep down it wasn't what I truly wanted to do.

Going to college, however, presented me with the opportunity to pursue my fitness qualifications privately. Trusting my instincts, I took the risk and left to further chase my dreams in health and fitness. I

became a personal trainer and worked within my local council leisure facility from 2015 to 2020.

In 2020, at the start of the COVID-19 pandemic, I



accidentally founded my fitness business just as the world was shutting down, driven by a desire to create something positive for those struggling with their

physical and mental well-being. It brought challenges but also a unique opportunity, so I just went with it.

What began as a small venture filming workouts in my attic turned into a thriving business. Within the first two years, the membership grew from just 20 people to more than 1,000. It's been an incredible journey, and along the way, I've been honoured with numerous awards, including Dunfermline Press' Entrepreneurial Award in June 2023, the Young Businesswoman Award from the Women's Business Club in November 2022, and I received two parliamentary motions.

My membership grew rapidly, and I've now helped thousands of women across Fife achieve their health and fitness goals. There was a lightbulb moment when I realised there was something special here, and I'm still here four years later.



"Thrive with Robyn" is an online fitness platform offering live workouts, personalised coaching, and an ever-growing, supportive community. With nine years of experience in the fitness industry, I am passionate about helping people feel good about themselves and promoting a realistic, balanced, healthy lifestyle with the goal of making fitness and diet support accessible, affordable, and enjoyable for everyone.

One of my specialisations is nutrition. I focus on helping people recover from years of fad diets, improve their relationships with food, and make nutrition education easy to understand. Recognising the

misinformation around diets and nutrition, my vision is to empower women to feel better within themselves, educate them on real nutrition, and find a realistic approach to exercise.

It's surreal to think that starting a health and well-being Facebook group in the midst of a global pandemic could lead to a fully-fledged business and numerous awards.

Despite leaving school with only a couple of standard grades, my journey in education didn't end there. I later pursued a Bachelor's Degree (BSc (Hons) Sport, Fitness and Coaching) through the Open University alongside a huge variety of health and fitness related qualifications.

Education, both formal and informal, has played a significant role in my journey. While I might not have started with a traditional educational path, the knowledge, and skills I gained along the way have been

invaluable in building and growing my business. Now, I'm dedicated to using my experience to help others on their own fitness and wellness journeys.



NEXT STEP AND INFORMATION

Business Gateway Fife

Thinking of starting a business? Take 10 minutes to get a start-up toolkit packed with resources and advice. We will also be in touch within 5 working days to chat through your next steps. [Business Gateway Start Up](#)

You can get in touch with us by phone: 01592 858333 or email: success@bgfife.co.uk

The Business Gateway Fife office is based at: [Saltire House Pentland Park Glenrothes KY6 2AL](#)

Culture of Enterprise Newsletter

The Culture of Enterprise™ programme creates a climate to provide a strong platform focused on enterprise and employability for developing young people's skills for learning, life and work.

If you are interested in receiving this, please contact fifmeansbusiness@fife.gov.uk

Join the Fife Enterprise Information Pack

If you are an organisation and would like to be part of this booklet please click [here](#) or scan the QR code.

