

# Home



[1]

## The SOUL Record Measuring the Immeasurable

### What is The SOUL Record?

The SOUL Record is a flexible toolkit offering an effective method of measuring progression in soft outcomes e.g. confidence, self-esteem and problem solving. It can also be used diagnostically to help the individual identify changes they want to make.

### Who is it for?

The SOUL Record is currently used by many different types of organisation from small voluntary groups to county councils, including schools, children's centres, community groups, health schemes and mentoring organisations.

It is best used for one to one sessions, but can also be used with some groups. The SOUL Record is suitable for projects where there is face to face contact with individuals over a period of time, such as a course or support programme.

It was designed to be used with a wide variety of people and there are sections suitable for adults, young people and children with the latter two mapped against the five outcome areas of Every Child Matters.



## News

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The SOUL

Copies of these are available to purchase from The Research Centre at City College Norwich for trained SOUL Users. Please use the [Contact](#) <sup>[2]</sup> form if you would like to order a copy.

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**Source URL:** <http://soulrecord.org/home>

**Links:**

[1] <http://soulrecord.org/introduction>

[2] <http://www.soulrecord.org/contact>