Learning and Wellbeing

One-to-one Coaching and Groups for Employment Support

85%

of people said their wellbeing had improved

We support people with wellbeing, employment, learning, and health goals through one-to-one coaching, group support, and wellbeing activities.
Whether it is interview preparation, improving health, growing confidence, social connection, or connection to other services, we work with what matters to each person.

Employment Support Spotlight

*End of **Find Your Strengths** course celebration*

> I failed interviews twice before and lost hope. That's why I went to agencies, so I could skip interviews. But the support and encouragement I received gave me motivation and confidence. I feel so much happier now - Taahira

97

participants

When Taahira first came for support, she lacked confidence and felt overwhelmed. She was anxious about her future after being told that hours for her current job were changing.
Having moved to the country 10 years ago, she had always found completing application forms challenging and struggled to access the right guidance. This left her feeling stuck, with negative thoughts about her prospects, and uncertainty about what to do next. With our support Taahira found a new role - she visited us after her interview beaming with pride and happiness, and is now settled in her new job.