



"I had given up on ever finding work because of my past. I didn't feel worthy or like I had anything to offer. Now that I've done the Gifted Women programme, I feel hope for the future again and I actually believe I can do it!"

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Gifted Women Employability Programme

What can I expect?

Over 12 group work sessions we will spend time together as a group of women who are all there to support each other through this exciting new chapter. The group is lots of fun and sessions are always interactive and (hopefully) never boring!

We will:

- work on our self confidence together.
- work on our communication skills.
- think about how we look after ourselves and stay well.
- have fun and make new friends who will be cheering us on.
- think about our goals and plan for the future.
- look at how we manage our money and making sure we're on the right benefits etc.
- look at what kind of jobs we could do.
- start thinking about how we could find a job if we wanted one, and prepare for that.
- learn about what would be expected of us in workplace.
- have the option to do a work experience placement in a local business.

We will not:

- be made to find work.
- have our benefits messed up.
- have to do anything we aren't comfortable to do.

THE GROUP RUNS ON WEDNESDAYS FOR 12 WEEKS, ON MUTLEY PLAIN

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