



**Client A - 35 year old Asian Housewife**, not worked for 6 years since having children, recently secured a part-time admin role working from home.

On day 1 of the course the words used to describe how she felt were uncomfortable, resentful.

On day 12 the words used to describe how she now feels are :

"I've learnt so much and I wasn't expecting to learn so much about myself and my skills. That's what makes it so powerful, because each individual learns about themselves and what makes them special and unique, no matter how different we all maybe. Thank you for guiding me and helping me to learn and love myself again

**Client B - 40+ Female** (previous roles held in senior positions).

When asked for advice to give to anyone considering the course : "No need to be nervous if the course goes like this one: I've done plenty of job skills courses in the past but this is unique with the focus on well-being right from the start and the focus on YOU and your blockages in the 1-2-1s. This may sound daunting if you are in a hard place: isolated, jobless, stuck etc and you feel like a lost cause. But the empathy and groundedness of the trainers provides a safe space where you can express yourself and get help and encouragement. The job skills part of the course is not just theoretical but supplemented with material to look at and refer to as homework and also brought to life with real speakers who talk openly about their career path. Daily homework may sound a burden but it is helpful, relevant and not overly time-consuming and keeps your mind focused on the sessions as does the fact that they take place 4 mornings a week: the consistency means you can ask questions immediately the next day and keep your own momentum up without sinking into self-doubt or busyness".

**Client C - Mature Asian Male** when asked about the difference he sees in himself from Day 1 to Day 12.

"I really feel pumped up and my self-esteem is on higher level than ever before. On day 1<sup>st</sup> I was feeling myself a failure, inexperienced and unwanted but now I feel myself energetic, positive and constructive".

**Client D - White Male** - 3 degree's and a Master's

Q - What has surprised you about what you've learnt about yourself by being on this course?

Answer: I'm not broken, I am just inexperienced at doing things the right way, in a better way.

Q - What advice would you give someone else who is nervous about joining this course?

Answer: When I started the course I was thinking: "I'll give it a try see what's all about." Now that I am about to start my last week, I don't want it to finish. So my advice? "GIVE IT A TRY, SEE WHAT'S ALL ABOUT".

**Client E - White Female** - has successfully secured a role as a carer, since starting the course.

"This course has helped me get to know myself more and I can believe in my strengths more, and dig deep to recognize my transferable skills".