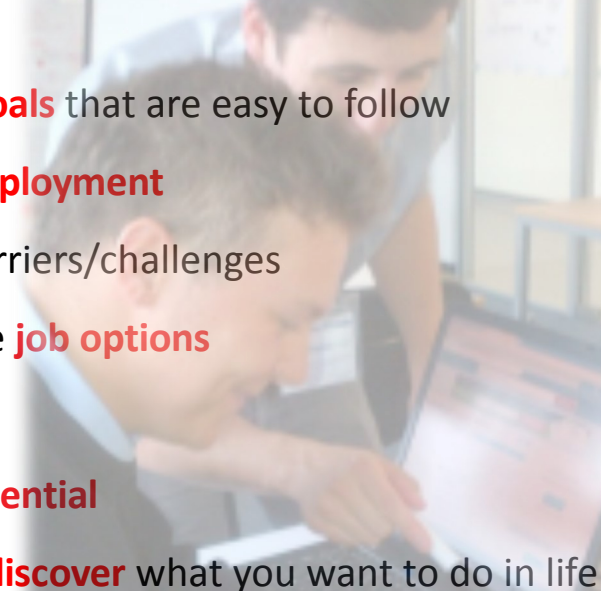










One to One Coaching

This programme is for anyone aged 16 and over

Are you struggling to find a job that suits you?

Why not try our one to one coaching sessions, Our coaching sessions can help:

- 
-  Boost your **Self-Confidence**
 -  Set realistic and achievable **goals** that are easy to follow
 -  Design a **clear pathway** to **employment**
 -  Help with **overcoming** any barriers/challenges
 -  **Explore** and **evaluate** possible **job options**
 -  Boost your **motivation**
 -  Unlock and find your **true potential**
 -  Get one to one help to truly **discover** what you want to do in life

Coaching is not the same as counselling. Counselling tends to be focused on the past, **coaching** is almost exclusively **focused** on your **future**.

This programme can be delivered as a single entity or as a follow on to our **Fit for Work**, **Getting Back to Work** or **ESA Client Support** programmes.

To book one to one coaching sessions please see your local JCP advisor.

Dates, times and venues arranged with the individual Coach.

“PASSIONATELY EMPOWERING PEOPLE THROUGH KNOWLEDGE, MOTIVATION AND INSPIRATION”

For more details look at our website

www.motiv-8sw.com

www.facebook.com/motiv8sw

@Motiv8sw

Tel: 01392 873939

Mob: 07775 177752

