

Believe & Achieve

With 30 years experience of working with women to believe in themselves and achieve their goals, this inspiring and completely free programme will help you realise that you have the skills and confidence to think about entering employment and find the possibilities and opportunities that suit your dreams for the future.



If today you were just going to do one thing to make a change, what choice would you make?

Ever wondered what making a change to believe in yourself, make powerful choices about your future and achieve your dreams would feel like?

What we do is more than just employment training. We take women on a journey to believe in themselves and achieve the work and life they deserve.

If you're a woman (aged 25+) and live in Bridgend, Swansea, Neath Port Talbot or Carmarthenshire you could be eligible for this **FREE** programme designed by women for women.

What will you do?

1

You'll have an individual meeting with our coach to find out more about you, understand any barriers you may have and how we can support you to develop your confidence and skills.

2

Then you'll join a group of other women just like you for five online inspiring and empowering sessions that will help you to:

- Find the skills and strengths you already have and have confidence in yourself
- Think about what you want in the future and learn how to banish negative thinking
- Understand today's world of work and what possibilities there are for you
- Think about how we can work together to reduce any barriers for you
- Learn key job application and interview skills
- Believe in yourself and what you have to offer

Attending each session will gain you a work relevant certificate that will show your learning and progress

3

After the sessions we'll offer you two further telephone coaching sessions that will enable you to see how far you've already come and offer any other support or information you may need.

You'll also gain a further programme completion certificate that will demonstrate what you've achieved.

*We believe in YOU,
make the choice to put yourself
First*

Why is this for me?

Everything we do will be supportive, inclusive, and empowering. We understand the barriers women face. These could include caring responsibilities, work limiting health conditions, menopause, discrimination, social or

digital exclusion, mental health, disabilities, welfare dependency, lack of confidence or poor experience of work - we will work together to build your confidence and give you the resources, skills and motivation to believe and achieve.

Whether you're thinking about employment, self-employment or just considering what your future could look like then Believe & Achieve is for you.



Believe and Achieve is funded by the Active Inclusion Fund through WCVA

**Eligibility rules apply.
Contact us for more information:**

✉ believe@chwaraeteg.com

☎ 0300 365 0445

