

A new project for Islington mums

Are you thinking about your future? Let us help you GROW!

The award winning GROW Programme has come to Islington to help you on your journey thinking about or getting back to work.

Whether it is training or education support, part time, full time or flexible work, self employment or simply help with building confidence and motivation, we can help you get ready for work. Whatever steps you need to take, our GROW programme is tailored for your individual journey.



How can we help you **GRoW** ?

Get ready for work

GROW PROGRAMME - Group sessions to help you build confidence, find out what motivates you, develop your CV, learn interview skills and come up with a plan!

What mums say -
“I made new friends”

1-1 ADVISER MEETINGS - to help you keep on track and give you tailored individual help to what you personally need. If you find work we may also be able to help with a grant of up to £100 for work needs.

What mums say -

“I got my confidence back!”

EMPLOYABILITY HELP - 121s or group sessions on specific areas of employment to equip you to be ready for the career you're interested in.

GRoW YOUR OWN BUSINESS - Group sessions on how to start your own business, develop a business plan, publicise your project and understand your finances and tax.

JOBS BULLETIN - Emailed to you weekly - make sure you open it to find out about local part-time jobs and more.

GRoW EVENTS AND NETWORKING - We will help you make the local contacts you need to take your next step.



Creche on-site & refreshments provided



GRoW is delivered by Belina Consulting

www.getreadyforwork.org

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