

Career Women Wales



Healthy Happy Me: Mapping my Pathway to Work

Funded by the European Social Fund, Career Women Wales are running the Healthy Happy Me: Mapping my Pathway to Work project throughout Bridgend. We will be working with women within the county whom are long-term unemployed, economically inactive or living in jobless households, supporting them to gain skills and become confident to search for work.

We aim to do this through a series of fun events and workshops and an accredited, work related training course using our bespoke career mapping tools. Throughout the project participants will be empowered to undertake volunteering to improve their employment prospects, obtain work related training certificates, and given access to our successful coaching programme.

The Career Women Wales approach combines education, essential skills and personal development, using a range of mindfulness and neuro-linguistic-programme (NLP) techniques to build participants life skills and enable women furthest from employment to become confident to obtain work.

FAQs

What is the time scale?

The project is running from January to December 2016.

How can I get involved?

By contacting Sarah or Jenna on the details at the bottom of this page.

Where are activities taking place?

Activities will be running across the Bridgend area, you can visit www.careerwomenwales.com/happy-healthy-me for updates, register with admin@careerwomenwales.com to receive notifications, and sign up to our social media pages to follow the activities. Please see links to social media at the bottom of the page.

Am I eligible?

The project does have specific guidelines for eligibility, as long as you live in Bridgend, get in touch and we can take you through the rest!

I need support in order to get involved, can you help?

www.careerwomenwales.com

hello@careerwomenwales.com

07754 284 995

Career Women Wales



Career Women Wales has made some financial support available to enable all women to participate in the project, should it be to cover the cost of childcare, bus fares etc. All out of pocket expenses can be discussed with the team and we will do all we can to support you.

How do I refer someone?

You can refer a participant to the project by getting in touch with our Director, Sarah Rees by saying hello@careerwomenwales.com

Get in touch with the team:

Sarah Rees, Director

hello@careerwomenwales.com

07554 284 995

Jenna Clark, Project Co-ordinator

admin@careerwomenwales.com

Follow us on Twitter: @careerwales

Like us on Facebook: Career Women Wales (click link:

<https://www.facebook.com/careerwomenwales/>)

www.careerwomenwales.com

hello@careerwomenwales.com

07754 284 995