

A single Mum, in her early twenties, unemployed for over 4 years and before Life Coaching had very low confidence, no clarity of direction in life and very stressed, depressed and anxious. Having battled with her own personal mental health, domestic abuse and additional tragic circumstances, she could not see a future for herself.

Our Work Together

Life coaching is able to bring self-awareness and understanding to each individual and in turn boost confidence and have a better understanding of life and how we live.

Each week in our 1:1 meet ups we embraced different subjects covering:

- A Personality profile – identifying strengths and ideal career opportunities
- The Wheel of Life – naming individual areas in life, scoring and setting goals to make improvements
- Core values – an exercise to understand our motivations in life and what are the unique values that we truly relate to and in turn creates purpose and meaning in life
- Created a new and impressive CV
- Practised interview questions – role play for interviews
- Job applications – support applying and searching for roles and teaching how to job search
- Universal credit – support with online application switching from Income Support to UC
- Time management – how to fit her new life into the routine
- Budgeting – how to make money go further and healthy food shopping on a budget and planning

The Good News

She attended two job interviews and was offered both positions, which resulted in a huge confidence boost. She accepted the job she preferred but had always wanted to work for.

The Change

Improved positive mind set, a clearer reality to working life, independence and now a role model for her child and other young mums in her area.

‘The BBO3 project has helped me with the quality of my life, has improved how I feel, got me the job and made me feel good about life again. I think the project has been perfect, everyone in need should get this support, out of every support network, this has been the best.’