

# STEPS

## to Personal and Economic Success



### CONTACT PERSON

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## Who is the programme for?

- Those experiencing social exclusion and/or disadvantage
- Furthest away from labour market
- Low confidence
- Negative experience of education
- Fixed mindset with limiting beliefs
- Negative self talk
- Nervous of formal training
- Engaging in problematic behaviours
- Feeling "stuck"
- Unsure of next steps

## What are the aims of this programme?

- Explore with participants how their mind works
- Tackle negative thinking
- Unlock potential
- Build self-confidence
- Challenge unhelpful core beliefs

## What do you need to know as a referrer?

- You will need to have a conversation with your client about why you think STEPS is for them
- They will need to be able to commit to the full programme
- STEPS is available to clients with all levels of literacy.
- They will be asked for their consent to share their contact details with the STEPS facilitator to be added to a Whatsapp group
- You will be required to check in with your client and offer support during and after the programme
- You will be provided with details of their attendance

## Duration and Format

### Online Version

8 x 2.5 hour zoom sessions with 1 follow up session 6 weeks later, with up to 12 people.

### In-person Version

3 full-days plus 1 half day follow-up session 3-4 weeks later. The max group size can vary depending on room size, Covid restrictions etc. But generally 18 is a good size.

The format of the programme is totally flexible and may vary depending on the facilitators availability and Covid restrictions.

## Minimum Requirements

### Online Version

Access to a device, wifi and some familiarity with Zoom (help can be provided with this)

### In-person Version

Comply with Covid guidelines

## What happens afterwards?

Clients will be given information about a range of our other services including:

- Wexford Connect
- Career Discovery
- Everyday Internet Skills
- 3SP
- Jobskills
- Workplace Training
- External referrals