

STEPS

to Personal and Economic Success



CONTACT PERSON

JENNY KIRWAN

087 693 0063

JKIRWAN@WLD.IE



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 the venue, but generally there are 20 - 25 places on each programme.

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:

- One to one support
- Wexford Connect
- Career Discovery
- Everyday Internet Skills
- 3SP
- Jobskills
- Workplace Training
- External referrals



Forbairt Áitiúil Loch Garman