

Is this programme for me?

The STEPS Programme is designed to help people who:

- Feel stuck in a rut
- Are struggling with low confidence
- Feel they need to make a change but don't know where to start
- Have mixed feelings about their experience of education so far
- Are unsure of their next steps



Programme

2

STEPS
to Personal
and
Economic
Success

What can I expect of it?

The STEPS Programme will help you to:

- Tackle negative, unhelpful thinking
- Take a fresh look at your life
- Increase your motivation
- Challenge your comfort zones
- Set achievable goals
- Give you the tools to make positive change happen

All in a relaxed, safe and fun environment.

STEPS

How does it work?

The programme is totally flexible and may vary, but generally it runs as follows:

Online Version	8 x 2.5 hour zoom sessions with 1 follow up session 6 weeks later.
In-person Version	3 full days (not in a row) plus 1 half day follow-up session 3-4 weeks later.

What will be expected of me?

- You will need to be able to commit to attending the full programme
- You will need access to a device and some familiarity with Zoom (don't worry, we can help with this).
- Keep an open mind!



STEPS

What do you need to know before you sign up?

We will need to check your eligibility and complete a registration form with you beforehand.

We will need to know if you use a laptop, tablet or smartphone or if you will need to borrow it from us.

We will need to know if you will need extra support with literacy.

You will be asked for your consent to share your contact details with the STEPS facilitator.



What happens next?

You will be given information about our other services, and you can decide if you would like to sign up to them.

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