

Getting back to work or training: new course will empower people to overcome barriers to returning

People in Merseyside who want to get back into work can now enjoy expert support thanks to Parenting 2000.

The charity is running a new course, Mindful Futures, designed to offer a nurturing and creative space to overcome psychological barriers to returning to work or training.

Mindful Futures is a confidence building course to help those who are out of work improve their employment prospects

The course has a very different approach to other employment courses as rather than focusing on the obvious practical skills, the focus is on helping people to overcome any psychological barriers that cause people to lack confidence in returning to work or education.

Parenting 2000 Chief Executive Janine Hyland said: "These new courses are aimed at anyone in Merseyside who is aged 19 or over and is currently unemployed. We are pleased to be able to offer these especially during such a fragile employment market.

"They can enjoy evidence-led therapeutic services, which will be supported by trained counsellors.

"We will be working on developing confidence and self-belief, things which can often hold people back from either applying for or attaining new jobs or from conducting successful job interviews.

"We are focusing on families, not just women but men as well. There are a lot of dads out there for example who are carers but are disadvantaged as they find it difficult to find work. We can help.

"We aim to develop new skills and confidence for anyone who has been long term unemployed.

"This will be a six-week programme, with people coming in once a week.

"It is about learning to manage stress and tackling issues such as low self-esteem or isolation. We want to be able to give people more confidence and more self-worth and to help to build them back up."

Claudia Aldersley, who is leading the course, said: "The course creates a creative nurturing, safe creative environment. We ask people to come with an open mind and we will do the rest for you."

The programme has been designed and developed by Parenting 2000 and funded by the European Social Fund (ESF).

Mindful Futures covers the characteristics that employers most value such as initiative, self-confidence and assertiveness and how to build on strengths and unlock potential.

The course is designed by Parenting 2000 and led by two therapeutic counsellors, Claudia Aldersley and Moira Reilly, who are qualified and registered with the British Association of Counsellors and Psychotherapists. They both have a vast experience helping people to fulfil their potential.

Their emphasis is on creativity and peer support that are evidence-based approaches so proven to help people make positive changes.

The course will cover

- Exploring our strengths
- Mindfulness
- Overcoming Stress and negative thoughts and self-limiting beliefs
- Building Confidence & Self Esteem
- Health & life balance & money management
- Practical information, advice and guidance on accessing support from other agencies

The course is free & for anyone aged 19 or over who is unemployed and living in Merseyside (will require proof of unemployment and eligible to work in this country).

Tanya Wilcock, Head of Communities at Sefton Council said: "Parenting 2000's employability project Mindful Futures will complement and add value to the work of The Sefton Early Help Family Outcomes project and Sefton at Work."

The next Mindful Futures six-week course starts on Wednesday 9 September and runs every Wednesday from 9.30am to 2.30pm.

Lunch and travel expenses are included. The course will be run in accordance with COVID safety guidelines.

There will be two enrolment dates for the Mindful Futures course, on Friday, 4 September 10am-2pm as well as on Monday, 7 September, 10am-2pm.

Courses take place at: Parenting 2000, Mornington Road Southport, Merseyside PR9 0TS. For more information and to book a time to enroll, please email: Claudia Aldersley on claudia.aldersley@parenting2000.org.uk, telephone Parenting 2000 on 01704 380047, or visit: www.parenting2000.org.uk

Parenting 2000 is charity that supports children, young people and families to overcome the challenges of everyday life and reach their full potential. Its focus is on delivering a range of quality evidenced based activities that provide emotional and practical support and guidance.

Emotional support is delivered by qualified BACP (British Association for Counselling and Psychotherapy) therapists.

