



A Social Enterprise

Transforming people, businesses & places through Wellbeing

Have you been driven out of employment because of a long term condition?

New Ways...

Do you live in North Solihull?

Positivity

Have you been out of work for more than six months?

Programmes

Do you feel positive about returning to work and making a difference?

Training

Self Management

Do you want to rebuild your life in a new, exciting & rewarding adventure?

Personal Coaching

Workshops

Are you ready to use the knowledge of managing your long term condition to help others?

MAKE A DIFFERENCE



contact:

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Be A Workplace Wellbeing Champion

HARNESSING THE POWER OF
Lived experience of long term conditions

YOUR PATH back to employment

- **3 month work placement**
in local business
- **Personal coaching**
your life goals & career planning
- **NEW skills**
Applied problem solving in unfamiliar situations
Understand, analyse and evaluate information
Organise tailored health & wellbeing programmes
Coaching peers
Influencing behaviour & change management
Project delivery
- **Opportunity to help support people in similar life positions**
- **Opportunity to access accredited qualifications**
- **Peer to peer support and workplace health & wellbeing training**

interested?

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