

THE TIME IS NOW!

A 5-week online programme to boost your confidence and help you to decide on what you really want to do.

In small groups, you'll explore the opportunities available for careers, enterprise, employment and training. You'll leave feeling confident and ready to work towards your next steps in employment or enterprise.



"I didn't have an idea of what the course was about, but it was more relevant to my needs than I ever thought it could be. I thought it was just about getting us into jobs, but The Time is Now focuses on developing us as people so we can then pursue the career of our choice."

Seb, previous Time Is Now participant

HOW DOES IT WORK?

Over the 5 weeks, you'll join a weekly Zoom session, with each session exploring a different topic. New to Zoom? Don't worry, we'll help you get up and running!

You'll find help with planning your goals, building your confidence, and feeling better equipped to take the next steps towards your dream career. Guest experts will present on the topic and give you practical techniques to work on.

Week 1: Confidence

Learning how to build your confidence and self-esteem so you can make the changes you want to see in your life.

Week 2: Goals and Careers

Discover how to create achievable goals to help you better explore your options in finding your perfect career.

Week 2: Self-employment

If you want to be your own boss, or turn a hobby into a side hustle, this session explores the fundamental dos and don'ts of starting your own business.

Week 4: Training and Education

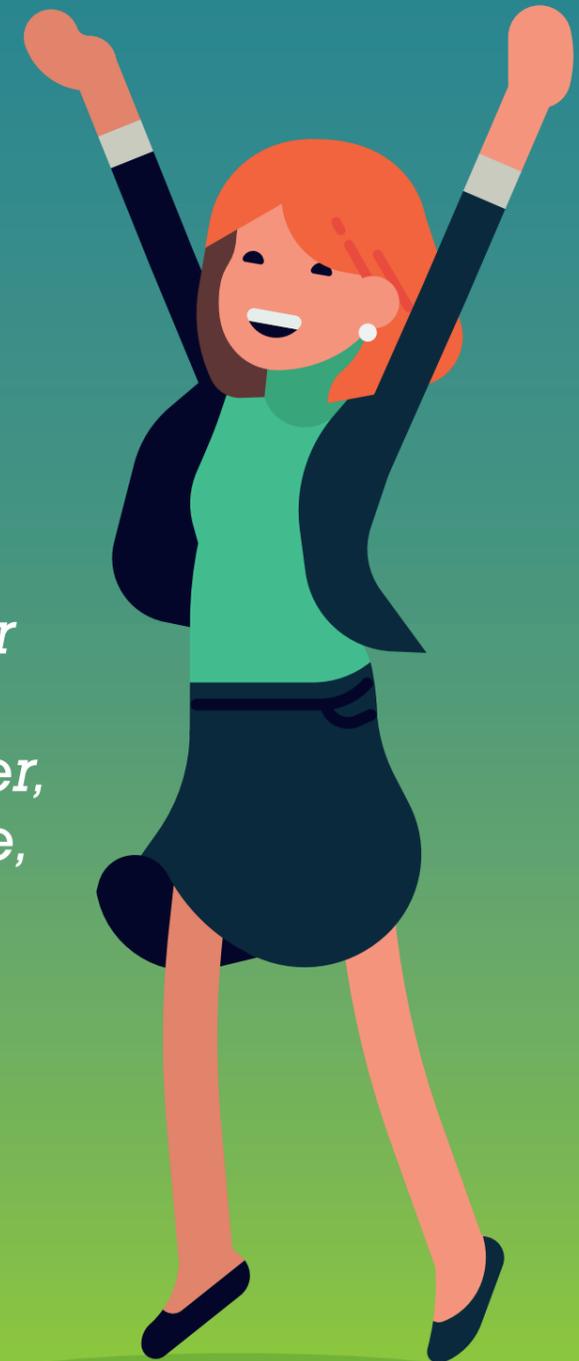
Find out what training is available to help you build on your skills and take the next steps in your career.

Week 5: Next steps

This final session is an opportunity for you to finish 'The Time is Now' with a clear idea of what your next steps will be.

"You cannot imagine how much this has helped me, it gave me the initial push and courage I needed to get out of my comfort zone and do something for myself. I finally have hope about my future and career, I felt supported all the time, and I'm so grateful."

Paula, previous Time Is Now participant



ARE YOU READY TO TAKE THE NEXT STEP?



This course runs regularly, most months. To find out when the next programme start date is, have an informal chat, and to book your place, contact **Fiona Froude** today!

Email: f.froude@southwayhousing.co.uk

Call: 07767 855192

