



European Union  
European  
Social Fund



## Give your employment chances a lift

Boost your outlook with mindfulness and be supported through coaching and mentoring



Education & Skills  
Funding Agency

## Connection is key for personal growth.

So if you're feeling stuck or maybe lost about your future, connecting and progressing with other like-minded people might just give you the boost you're looking for.

This bespoke course consists of personalised one-to-one or small group coaching, including mentoring and mindfulness training.

Our experienced specialists will guide and support you throughout your journey into work or further education.

### YOU WILL LEARN HOW TO...

- Set goals for change
- Increase self awareness
- Build confidence
- Learn a foundation in mindfulness

Our funded **6 WEEK COURSES** are held at Blackburn Quaker Meeting House, Paradise Lane, Blackburn, BB2 1LY

- **CHILDCARE FUNDING AVAILABLE**
- **BUS FARE FUNDING AVAILABLE**
- **REFRESHMENTS INCLUDED**

**Interested? Just contact us at:**  
[enquiries@shine-coaching.com](mailto:enquiries@shine-coaching.com)

All that we ask is that you live in Blackburn with Darwen, are over 16, not in employment, education or training and be actively seeking work.

Courses are  
**Mondays 10am-2.30pm**  
and you can join us on:

**4th November 2019**  
**6th January 2020** or  
**24th February 2020**