

The 'All About Me' project is funded by the European Social Fund and the National Lottery Community Fund.

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A lady joined the project and she felt like a whirlwind! She was juggling everything life threw at her plus more. She felt overwhelmed and as if nothing was ever finished.

She attended the group workshops, looking at many of life and employment barriers. Here she found that although everyone had different experiences they were all dealing with the similar daily battles.

The lady had weekly one-to-one support with a BBO coach alongside the workshops for nine months. The one-to-one support allowed her to focus on specific goals and help find guidance when life threw her curve balls. It helped to change her thought process and focus on tasks in a more effective manner. “It is up lifting, it’s not about the money, it’s about using my brain, feeling useful, part of a team. I feel like I’ve found my place. I really enjoy talking, advising and encouraging students.”

The lady was invited for an interview at a university for a management role in the library. The support we had provided her enabled her to attend the interview with a new thought process. She was relaxed and able to be herself whilst communicating effectively. The lady was successful in gaining the position.

It's proof that you too can have a success story!