

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

"You have been a real help. This is going to change my life!"

A gentleman joined us on our 'All About Me' project in February 2020. He has been unemployed for 2 years due to an operation which left him in need of strong medication.

He had developed high anxiety and has lost his confidence in life. This showed through shaking hands and an unsteady voice. Money is tight as he has a mortgage which effects the benefits he receives. He counts every penny.

During our one-to-ones, I saw this gentleman's attributes come to light. He has a very gentle and calm manner. He will do anything to help anyone and will always do a job to the highest standard. He puts a lot of expectation onto himself and this is where the anxiety comes in. This is the area of our focus to help him understand his thought process.

One session we spent time looking through several key words which were all transferable skills. He put them into three columns. One column for things he could do, one for not sure and one for not at all.

We noticed his thought pattern was effecting his perception of scenarios so upon reflection he could do more than he felt he could and identified lots of transferable skills that could be utilised on his C.V.

We identified a career which would suit this gentleman's health needs and the project has been able to fund the relevant training.

Every time we meet he is that little bit more confident, a little less anxious, a little bit happier.