

# Pathways to Possibilities



**Ready to take your next step?**

**This isn't just about work, it's about you.**

A free 6-week course designed to build confidence, reduce isolation, and help you take the next steps towards education, training, or employment – at your own pace, in a safe and supportive space. Whether you're unsure where to start or simply want to reconnect with your strengths, we'll walk the path together.

**Bring yourself – we'll pop the kettle on.**

**Want to join us?**

You don't need to have all the answers – just the willingness to explore. Courses run in small groups from Feathers House in Great Yarmouth. To find out more or register, visit [www.feathersfutures.org](http://www.feathersfutures.org), pop in to Feathers House, or call 01493 268222. Let's discover what's possible – together.

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## **Session 1: Building Confidence & Self-Esteem**

In this friendly and supportive session, we'll focus on what makes you unique.

We'll explore your strengths and values, and how these can help when applying for jobs or further learning.

We'll also talk openly about how being out of work can affect how we feel – and the difference that employment or training might bring.

## **Session 2: Workplace and Employability Skills**

This session is all about recognising your skills and building new ones.

We'll look at real-life work situations like managing time, handling difficult customers, and being part of a team.

We'll introduce the idea of a “Toolbox” – the skills and qualities you already have that employers are looking for.

## **Session 3: Understanding Local Job Opportunities**

Discover what kinds of jobs are available in Great Yarmouth and how to take the next step.

We'll look at which industries are hiring, what roles are in demand, and the types of skills or qualifications that can help you get started.

You'll also hear about simple ways to find local opportunities and how to know if a job is the right fit for you.

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## **Session 4: Engagement with Local Employers**

See how your skills and confidence can shine in the workplace. We'll practise common interview questions to build confidence, and you'll hear directly from a local employer about what they look for in new staff.

## **Session 5: Mental Well-being & Social Connections**

Looking after your mental health is just as important as building job skills.

In this session, we'll talk about how to spot signs of stress, boost your resilience, and find the right support when you need it.

We'll also look at your personal Circle of Support – the people who help you feel strong and connected.

## **Session 6: Financial Stability & Your Next Step**

In this final session, we'll explore the financial side of moving into work or training.

We'll look at how income from employment compares to benefits, using “better off” calculations to help you make informed choices.

We'll also cover practical topics like payslips, budgeting, and what support is available as your circumstances change.

We'll talk about the support Feathers Futures can offer after the course – and take a moment to recognise everything you've achieved.