

Fri, November 22, 2019

## Lochaber Hope - Personal Development Programme



Lochaber Hope offers Hope, we provide a service that supports Lochaber people (and outlying areas) to cope with a wide range of sensitive, personal and challenging issue, as well as gaining key skills to be able to move on successfully. We enjoy a relaxed and informal learning environment based on person-centred values.

### What do we offer at Stages 1-3 on our Personal Development Programme?

Anyone can attend this course who feels low self-esteem, lacking confidence, if you're at risk of feeling isolated or if you would simply like to take more control over your personal development. Some of the activities at different stages of the employability pipeline include:

- Stage 1 – engaging and assessing your needs, building relationships – recognising and owning achievements, action plans and goal setting, motivation workshops
- Stage 2 – engaging and assessing needs, effective communication, assertiveness, listening skills, telephone skills, social interaction, looking at aspirations, goal setting, healthy living, recognising wellbeing, activity plans, tasks and challenges, motivation workshops
- Stage 3 – volunteer experience, work placement and job trials, learning outcomes, telephone skills, job search, maximising potential, options and choices, the theory of motivation

### Who can apply?

Our courses are open to all aged 16+ - just get in touch to find out more. Most of our activities are based at Lochaber Hope, however we may be able to offer some of our opportunities in other areas of Highland, depending on local need.

### What can I achieve?

You will learn key skills such as effective communication, assertiveness, motivation, CV writing and interview techniques to name a few. You'll create an action plan and will set goals based on your personal development. You will receive a certificate of competence upon completion of



the training.

## **Can I get a training allowance?**

We don't currently offer a training allowance, however speak to your Job Centre Advisor if you are in receipt of benefits.

## **Who do I contact to find out more?**

If you want to find out about Lochaber Hope and the variety of courses we offer please email, phone or call in. Details below.

## **Further Information and Contact Details**

**Street Address:** Lochaber Hope, Dalnahaine, Belford Road, Fort William, PH33 6ES

**Telephone:** 01397 704836

**Email:** [reception@lochaberhope.org.uk](mailto:reception@lochaberhope.org.uk)

**Website:** <http://www.lochaberhope.org.uk/>