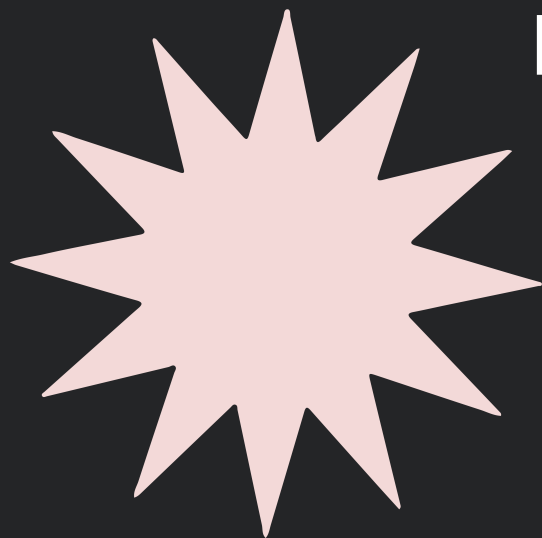


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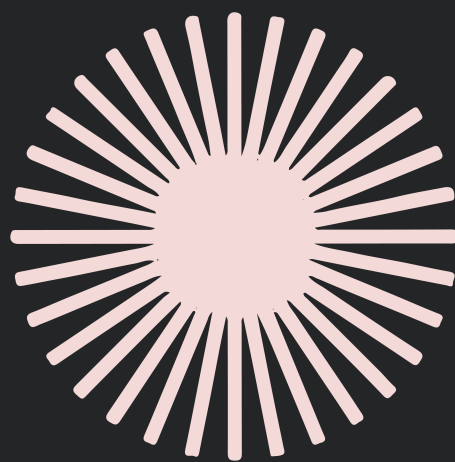
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*The  
Wave of Change*

# Need to regain your sense of purpose?

The Wave of Change Programme focuses on creative engagement activities that lead to more intensive connections, exploration and discovery as part of a targeted programme to help women in Stockport who are out of work.

## What is Wave Of Change?

Co-designed and delivered by PIE [Pursuing Individual Excellence] Ltd and the Goodness Collective CIC, Wave of Change is an ESF / WEA funded project that connects with a range of organisations across Greater Manchester.

Offered to all women aged 18+ living in the Stockport area who are out of work, we offer a free personalised support programme including online employability, digital careers and personal development sessions over a 12-week period.

## What does the programme involve?

The programme is currently delivered via a blended delivery, including online sessions and telephone support, as well as in person mentoring.

## Topics covered include:

- Building confidence
- Digital skills
- English and communication
- Wellbeing
- Exploring possibilities
- Limiting beliefs

## How does it help me?

The Wave of Change Programme helps you prepare for future employment by providing an opportunity to connect, reflect and consider next steps.

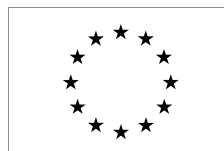
The programme aims to support women by helping them find the time and space to really consider what they want to do with their lives. It has been designed to cater for different levels and needs, and can be personalised and adapted to fit around any schedule. After all, women have a huge range of different requirements and there's no 'one size fits all' programme that will work for everyone.

## To find out more visit

[www.waveof.co.uk](http://www.waveof.co.uk)

or call us on 07803250570

*Wave of Change*



**European Union**

European  
Social Fund