

**A personalised programme of  
professional & personal development  
for out-of-work women in Stockport**

*Wave  
of  
Change*

*An ESF / WEA funded programme  
in partnership with PIE: Pursuing Individual Excellence*

**Helping women  
in Stockport  
into work**

Find out more 



# 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.

Via the programme, you will be referred to local support services that can help you achieve your goals, as well as introductions to local businesses where possible. This may include support to access volunteering and community support opportunities for example, or help in setting up your own business. You can also gain associated accreditations, including iDEA skills awards.

## Get started

To find out more, visit

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

and register your interest.

# Helping women in Stockport into work.

Drop in &  
find out what  
the Wave of  
Change is all  
about!

If you would like to speak to a member of the team about whether the Wave of Change programme is the right next step for you please email us

Email: [thegoodnesscollective@outlook.com](mailto:thegoodnesscollective@outlook.com)

Join the Wave of Change and take control of your own future



**European Union**  
European  
Social Fund

# Wave of Change

Do something today  
that your future self  
will thank you for

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



**“This programme  
has helped me  
become so much  
more mindful.  
I’m now feeling  
inspired to  
explore a future  
that fits with my  
values and needs!”**

*- Wave of Change Participant*

# Sarah Obrien's Story

Before joining The Wave of Change, Sarah had mixed feelings about her current unemployment situation. Low self confidence & fear about the future. Over the course of the programme we watched as Sarah became more self-aware, self-confident & more focused on her own goals rather than everyone else's. Following the programme we've seen Sarah set & achieve ambitious goals for her skincare business as well as securing a part-time position that she wouldn't previously have looked at.

In her new role Sarah is involved with designing and producing merchandise to support our future programmes.

### **My life before The Wave of Change...**

I had recently taken voluntary redundancy from my long term career in Events & Marketing of over 20 yrs. I was on Jobseekers allowance and seeking part time employment. I was nervous about starting the Wave of Change but excited as I knew I needed to move forward in some way.

### **My experience throughout the programme....**

It was a life changing experience really as it made me reflect on where I was and what I wanted to do going forward. I met lots of lovely women in the same position as me and the amazing WOC course leaders. It gently pushed me out of my comfort zone.

### **My relationships with the course leaders...**

I developed great relationships with the course leaders and they were all so positive throughout the course, especially with the lockdown they were extremely supportive.

### **Skills I found valuable from the programme...**

I found the tasks so beneficial - such as the Vision Board, personality test, limitations exercises, which were so enlightening in making me realise more about myself my strengths, weaknesses and what I wanted from my life & work going forward.

### **My experience with finding work & entering employment again...**

The programme helped me set goals for my Tropic business which I worked on each month and achieved the goals. I also saw jobs posted and thought about whether that opportunity aligned with my needs. When

I saw the job advertised at Kitsch Republic, I applied straight away as it just felt right - it was local to my home, my children's schools etc and the job hours were perfect. I got an interview and was offered a temporary contract until December 2020. I now have increased my hours at Kitsch and have a

permanent contract and love working there! I never thought I would find a job in my local area.

### **How the programme still impacts me today...**

When things happen in my life or with work or my Tropic business, I often remember some of the key takeaways from the WOC programme and that sets me straight in making decisions or taking actions accordingly. I often look at my Vision Board and that inspires me to carry on moving towards my

goals. I am paired with a lovely lady from the programme who is now a friend and we are in contact frequently and have met up a few times. I also like to stay in touch with my course leaders as they are all amazing and I still need their support and positivity.

### **My advice for any woman thinking of joining the Wave of Change programme...**

My advice would be to 100% go for it! You may feel nervous and apprehensive but it is enlightening & inspiring and it will set you on a more focused path to find work that suits you & your family. You will make friends and great contacts along the way too. It is important to focus on you and what you want to achieve.

***“100% go for it! You may feel nervous and apprehensive but it is enlightening & inspiring and it will set you on a more focused path.”***

**If you want to make a change like Sarah - visit [www.waveof.co.uk](http://www.waveof.co.uk)**

# What do we cover?

## Vision & Planning

We will look at what you want to get from the programme and any individual needs you may have

## Developing digital skills

You will get specialist support relevant to your digital skills level with the opportunity to work on various digital tools & platforms

## Creating a brighter future

Introducing you to social action & community activity, as well as UN Sustainable Goals and how they relate to you

## Exploring Possibilities

Vision boarding and raising your awareness of those limiting beliefs will help you with a new focus



# Careers Theory

Introducing you to the 'Visualise, Align, Believe & Vocalise' model to make sure you don't have just the ideas but the understanding about how to make those ideas happen

## Becoming a Priority

We have a fantastic surprise planned to help you consider the importance of your self care. We guarantee you'll love this part!

## Next Step Planning

We will leave you with a personalised plan to support your next steps along with the support and connections to make some of it happen!

A key part of our success is that we will treat you all as individuals. We know that one size doesn't fit all and the personal mentoring you receive assists you to make the plans that work. We don't disappear after the programme either many of our women stay in touch for additional support as they move to another phase of their action plan!

Visit [www.waveof.co.uk](http://www.waveof.co.uk) today to find out how to take part!

I'm Simone, Founder of Stockport Social Enterprise The Goodness Collective. We support businesses, the third sector and individuals to create meaningful connections to the things that matter. Whether it is supporting unemployed women to tap into their forgotten passions, supporting businesses to build purpose alongside their profit or assist our third sector partners to make mutually beneficial relationships within the private sector our work is focused around #ConnectedCommunities. If there is a dot to be matched or a spark to ignite, we're all over it.



***“One woman in particular was a shell of a woman when she came on the programme and to watch her change and grow it sounds cliched but it was literally like watching a butterfly emerge from its cocoon.”***

What's your favourite part of The Wave of Change?

“I love seeing the women slowly connecting with one another and the way they encourage and inspire each other. The fact they have options and show each other

their work and ideas through the facebook group we create and the zoom calls means they inspire each other to give different parts of the programme a go!”

# Simone Callaghan, Course Leader on The Wave of Change

Meet your course Leader



# Claire Worthington, Course Leader on The Wave of Change

*Meet your course Leader*



Hi I'm Claire part of The Goodness Collective. I also have a small business called Village Web Company where I build websites and teach people how to do things online.

My role at The Goodness Collective was primarily intended to use my tech knowledge to incorporate a digital element to the work we do. Over time, things have evolved and now I contribute in lots of different areas, but I still usually manage to include digital, simply because it's now part of

everyday life. Whether you are returning to work after a break, running a small community group or planning to start a small business, digital skills can usually help you.

***“For me the most powerful feedback is when we have a lady who wants to be part of the Wave of Change, but feels held back by a lack of confidence, for whatever reason, comes to us after a few weeks and says how much we've helped her.”***

and wouldn't be able to use one properly, casually tell you all the extra things they are now confidently doing on their laptops.”



visit  
[waveof.co.uk](http://waveof.co.uk)  
for more

What's your proudest moment from The Wave of Change?

“There are so many but my two favourites are: When a lady turns on her camera in a weekly Zoom for the first time and listening to people who boldly announced in week one that they were rubbish with computers

Hi I'm Beth! I founded PIE in November 2017, after spending a decade working in teaching. Having spent time as an English teacher, Pupil Premium Co-ordinator and manager of a Social Inclusion Centre, I had extensive experience working with vulnerable and disengaged young people.

Leaving formal education has allowed me to work with a wider number of people in a variety of settings and situations; I am passionate about working with people to make sure they are given the opportunity for a brighter future.

***“My proudest moment of the course has been that I now get to sit and work next to one of the course alumni when I am delivering programmes for young people at one of our community partners!”***

What do you Love about The Wave of Change?


“Having the opportunity to see women grow in confidence and self esteem is so rewarding. We also gain so much ourselves from the women and their engagement in the programme; I have learned so much myself from them, and think that I have grown myself as a woman as a result of leading the programme.”



# Beth Nunn, Course Leader on The Wave of Change



*Meet your course leader*

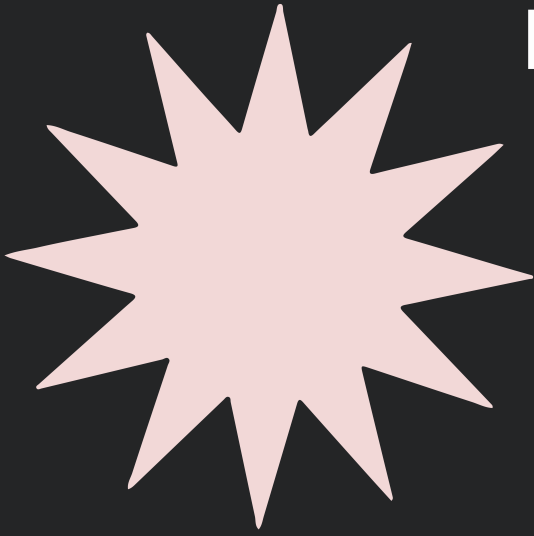


**“Allowed me to  
focus on me for  
first time in a  
very long time.”**

*- Wave of Change  
Participant*



the distance  
between



y\*ur  
dreams

your  
reality

is  
acti\*n



# The Wave of Change

**Whatever your circumstances may be. The Wave of Change has helped 80 local women so far! All with their own needs & barriers, whether it was English not being their first language or difficulty using technology, or confidence, anxiety & other personal issues, together, we have found a personalised package of support for each and every one.**

**Drop-in & meet us**

**Join us for a casual drop-in, to find out more about the course and how we can help you achieve your potential. If you have any further questions email us [thegoodnesscollective@outlook.co.uk](mailto:thegoodnesscollective@outlook.co.uk)**