

# Press Release



## Life coach to show people the road to success

UNEMPLOYED residents are being given the chance to kick start their New Year with the help of a professional life coach.

Ellesmere Port and Neston Borough Council is joining forces with Warrington-based life coach Nick Lewis to provide a free training course to help unemployed people get back into work.

As well as tackling practical issues such as how to prepare a CV, Nick will be helping participants build confidence and identify how they can achieve their life goals.

Lisa Conway, the council's Employment Strategies Manager, who organised the course said: "This is definitely not your average training course. Nick is well respected in his field and has worked with sports people and managers in major corporations to help them think more positively and achieve their goals.

"Factors, such as lack of confidence, can hold people back when they are trying to find a job, even when they have the ability and qualifications, which is why Nick is perfectly placed to help."

The two-week course, known as the Success Programme, will be held at the council's offices in Ellesmere Port. It aims to help people:

- Set personal or professional goals
- Understand what makes them tick
- Respond to changing circumstances
- Make positive decisions about their future
- Build self confidence
- Gain motivation
- Overcome their fears

They will learn job-search techniques, how to prepare for an interview and what makes a top CV, through activities and games in a fun, friendly, relaxed and informal atmosphere.

The course will run from 1pm to 4pm, Monday to Friday for two weeks from 19 January. The first session is a "taster", so that people can decide whether or not it's for them. After the course participants will receive on-going help with job hunting and interview preparation from a dedicated and professional team.

Places are limited and priority will be given to unemployed residents living in the Central, Wolverham, Westminster, Stanlow, Grange, Stanney, Pooltown, Rivacre and Neston wards.

To book your free place or to find out more, contact the Local Employment Strategies team on 0151 356 6658 and ask for Gary or Kellie.

*ends*

Date of Release:

**Wed, 7 Jan, 2004**

**Press contact:**

**Gary Ledsham**

Local Employment Strategies Project

Ellesmere Port and Neston Borough Council,

Tel: 0151 356 6658