

Possibilities NI

Consultancy
Mentoring
Training

Interested?

If you would like to find out more about how Restart can benefit you, please visit our website:

www.possibilitiesni.org

Or contact us on:

T: 028 9023 1417

E: info@possibilitiesni.org

Restart

Return to work training and support

Possibilities NI operates in Europe as



www.empowereurope.com

Possibilities NI Ltd is a social enterprise owned by



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Returning to work can be a big step...

Restart offers 13 weeks of training and work experience to help you get back to work. It's made up of:

- confidence building training
- interview techniques
- help with filling in applications
- experience with a local employer
- one-to-one support and encouragement
- advice in money matters

Through Restart, you can build your confidence and return to work skills, including interview techniques and job applications. Training is delivered within a group setting so you will meet other people with whom you can share experiences and support.

Restart was brilliant. I never thought I would have been ready to return to work before I started it, but it made me realise that I could do it. The placement really helped build my confidence and I have continued to do voluntary work. Our tutor was very supportive and I made a great new circle of friends. I am delighted to have just been offered a great job and I would really recommend it to others.

One-to-one coaching...

...gives you support to overcome any personal concerns or obstacles. Our coaches can help with practical issues like travel and childcare or brushing up on time keeping and communication skills.

Personalised advice on money matters...

...means that qualified advisers will give you all the information you need about moving from benefits to work, tax matters, debt management and anything else that may be of concern to you. A professional careers guidance counsellor is also on hand to make sure you are on the right path to your chosen career.

Work experience gained with a local employer...

...gives you the chance to try out the skills you have learnt. You can also discover more about a particular job to see if it is right for you. It will also help you to find out what the world of work is like – great for boosting confidence.

"Restart has totally changed my life! I'd always thought I'd love to be a teacher but never had the confidence to go for it. The course tutor got me a placement in a school and over the weeks I made up my mind that teaching was the career for me. I enrolled on a course and have never looked back!"

Are you eligible to take part in Steps to Work?

If you are eligible to take part in the Department for Employment and Learning's Steps to Work programme, you may be able to benefit from Restart. It is available under the Step 2 option. Please ask your Personal Adviser for further details.