

MEET JANE

Jane described herself as stuck in a rut. She'd had a few jobs over the years but none that lasted more than six months.

She was capable and clever but had suffered with severe anxiety, which meant that when work became pressurised she found it very hard to cope and left the job. Jane had turned to drugs and alcohol to feel better about herself, but they only made things worse.

Her work coach put Jane in touch with a Konnect mentor. Over time Jane felt able to talk about her abusive childhood and the effects of the trauma she'd experienced. With the encouragement of her Konnect mentor Jane began to see a way out of the rut she was in and together they developed a plan. Over several months Jane's anxiety began to ease as she was able to confront the emotions from her past and learn new ways of thinking about herself. Over time she began to see herself in a new and positive way and stopped relying on drugs or alcohol to feel better.

As a result, Jane's confidence and motivation increased and eventually she was able to find a job and found that she could now handle its pressures as well.



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KERNOW ACTION FOR EMPLOYMENT
KAFE KONNECT

PERSON-LED, PERSONALISED SUPPORT FOR YOUR NEEDS

We believe that everyone has an important role to play in their communities, and that finding that role can be a truly fulfilling experience. Our aim is to **enable** you to reach your potential with 1-1, person led support to overcome barriers you may face to find active employment, self employment or begin training.

Each person referred to us is allocated a mentor, who will support them on their individual journey. They help **motivate** you to take the steps required to engage with your community and provide the support you need for the future you want.

Our mentors **inspire** change in people from diverse backgrounds. With connections to a wide range of services, the 1-1 support offered can tap into services that can really make a difference to your future.



OUR MISSION

At Konnect we are with you on every step of your journey. We offer trust, consistency and honesty in all areas, in the belief that this is the best way to deliver the standard of support you deserve. We strive for a genuine partnership with those we work with to enable a seamless and connected service, giving you the tools you need to move forward to deliver real change that lasts.

WE CAN SUPPORT YOU BACK TO WORK...

By helping ensure your stability so you have the foundations for real change that lasts.

By Supporting you with your unique requirements and offering you guidance to get the support you need to overcome barriers such as addiction and housing crisis.

By supporting your journey back into training and education to help you achieve a brighter future.

By giving you the practical skills you need to stand out in a competitive job market. We can help you hone your CV, practice interview techniques and support you to find a role that you can not only survive in, but truly thrive.

By never giving up on you. We know that setbacks happen, despite the best of intentions. We offer sustainable and consistent support for your journey, through the good times and the bad, helping you truly find your place in your community once again.

