

MEET TOM

Tom was unemployed for a long time. His CV didn't seem to get him shortlisted and he had begun to believe he was never going to get a job.

As well as feeling rejected, he was prescribed antidepressants for depression and anxiety with little effect. After a while, Tom had become so used to not working and being on benefits that he had come to believe that a low paid job wouldn't be enough to live on and so stopped making an effort in his job searching.

Konnect met Tom through a referral and asked him what he needed help with. His mentor started by supporting Tom's mental health and wellbeing, helping him to change his self belief. Over time he began to feel more positive and Konnect encouraged him to see that he was valuable and was worthy of a job, despite his long period of unemployment and many rejections.

Konnect helped Tom discover his strengths, skills and passions matching him to the type of work he was suited to; helping him to build a CV and to interview for those job types. This built Tom's confidence, motivation and hope to start job searching again



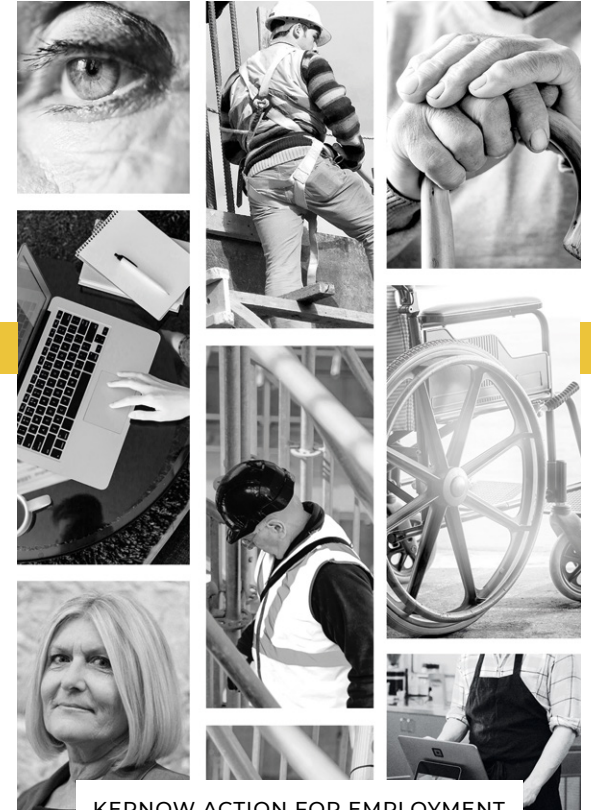
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KERNOW ACTION FOR EMPLOYMENT
KAFE KONNECT

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.

