

The
Thrive
Programme



Grow, flourish & live positively

Free coaching, courses & 1-to-1 support



Is something in the way of you reaching your potential?

Do you want to make a positive change in your life?



If you're struggling to progress with your journey back to work, confidence, motivation or self-belief, the Thrive Programme can help you reach your goals.

We'll build a flexible programme with you, tailored to your specific needs.

Thrive: Coaching

One-to-one coaching sessions to identify where you want to get to, and what's stopping you.

Your own personal mentor and cheerleader, your coach will work alongside you, empowering you to make changes.

Having someone to be accountable to can also make it easier to stick at it and meet those goals.

Identifying barriers

Setting realistic goals

Planning your Thrive pathway

Getting organised

Stability at home

Money management & finances

Being your voice & advocate to access services

Thrive: Living Positively

One-to-one and group sessions helping you to live positively, become empowered and to unlock your potential.

We can also link to My Sisters' House services including peer groups and wellbeing courses.



Healthy lifestyle

Self-care & emotional wellbeing

Family & relationships including parenting support

Friends and connections

School holiday Mum & child craft workshops

Numeracy skills

Live Positively course (7 weeks)

This is me: stepping out of your comfort zone

Unhelpful thinking

Building routines and self-care

Perceptions and judgements

Goal setting

Building self-belief

Our vision for the future

Thrive: Employability Skills

If you're looking for your first job, going back to work, or want a change of direction, our courses, workshops and Job Club could make all the difference.

We can also help with becoming a volunteer, finding education and training.

The Job Club

Interview practice & techniques

Liaising with job coaches and the Job Centre

Advice about international qualifications in the UK

Help moving your career forward

One-day workshops

Identifying training opportunities

Routes to education

Volunteer opportunities

Employability course (4 weeks)

Transferable skills, CV do's and don'ts

Understanding job descriptions & personal profiles

Boundaries in the workplace

Cover letters and interviews

The Thrive Programme is free for all women in the Arun and Chichester District.



Join the Thrive programme today

www.mysistershouse.info/thrive