

# What is Positive Pathways?



Funded by, Your Next Move, Working North Ayrshire and delivered within The Ayrshire Community Trust, Positive Pathways is a 12 week employability programme (4 week in house training, 6-8 week volunteer work placement) which helps unemployed people living in North Ayrshire to get back into work and explore volunteering options.

## How do we do this?



**STEPS to Excellence**  
personal development programme



**One to one life coach**  
support sessions



**E-learning and CV writing**  
support



**Volunteering placements**  
within local organisations

**YOUR  
NEXT MOVE**

Working North Ayrshire



## Contact Information

To find out more, or register as a participant, please contact us.



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## POSITIVE PATHWAYS

A 12 week employability project supporting unemployed individuals in North Ayrshire.



# STEPS to Excellence



**STEPS** challenges limiting beliefs, helping participants build confidence and expand their potential. The course is delivered over 2 days for two weeks and empowers individuals to overcome obstacles and create more fulfilling, successful lives.

Delivered by qualified facilitators, **STEPS** uses interactive discussion, personal reflection, the use of short videos and a range of activities that engage a wide variety of learning styles.

**It has been highly effective for:**

- Motivating the long-term unemployed to pursue training and jobs.
- Helping parents build on their existing parenting skills.
- Supporting individuals facing redundancy to rebuild their future.
- Helping people adapt to change and improving relationships.
- Enhancing community involvement through volunteering

# Community College



Our participants, once they have completed **STEPS to Excellence**, are offered community college courses which are delivered in partnership with Ayrshire College.

- SCQF Level 4 Health and Wellbeing
- SCQF Level 4 Elevate Employability Award

These courses provide an opportunity to increase knowledge, skills, encourage team work and effective communication. The courses run for 8 weeks and include a mix of classroom based learning and group work activities.

# Volunteer Work Placements



Our project workers will support participants to explore local volunteer work placements, which should be undertaken for a minimum of 6 weeks, there are plenty of suitable placements, so there are lots of options for each individual, allowing them an opportunity to gain hands on practical experience, updated references in a relevant sector that matches their career aspirations.

# CV Support



We offer one to one employability support for those who need help updating their CV or creating cover letters, as well as job searching and online e-learning courses which provides opportunity to increase skills and qualifications to enhance employment opportunities. These are available each week, in a 2 hour session as required.

# Life coach



Our life coach, Sue, helps individuals that are struggling to navigate their own life journeys. She supports people in setting achievable goals, look at new ways of thinking, and can help with making decisions that will allow individuals to move forward in a more positive way.

Coaching sessions are available by appointment only, they typically last 1 hour and can be delivered in person, via telephone or Microsoft Teams.