



# **!GO FOR IT!**

**ARE YOU STUCK IN A RUT?**

**HAVE YOU LOST YOUR JOB?**

**WOULD YOU LIKE TO MOVE FORWARD IN LIFE?**

**ARE YOU LOOKING TO GET BACK IN TO WORK?**



## WHAT IS !GO FOR IT! ?

- A PROGRAMME DESIGNED TO HELP YOU MOVE ON IN LIFE
- TAILORED TO YOUR NEEDS
- INCLUDING SHORT TRAINING COURSES (WHERE POSSIBLE)

## HOW CAN WE HELP YOU !GO FOR IT! ?

- WE WILL CREATE A PLAN TOGETHER
- HELP YOU TO UNDERSTAND ANY BARRIERS TO MOVING FORWARD
- SIGNPOST YOU TO RELEVANT ORGANISATIONS
- MENTOR YOU THROUGHOUT THE PROCESS

