

“Overall Positive Steps were wonderful and I think every unemployed person should visit them, thank you to all the staff, I’m back in the living and it’s wonderful.”

positive steps  
into work

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**Positive Steps Into Work**  
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Supported by Blackpool Council



Free friendly service  
that offers face-to-face  
help and support about  
training, learning and  
the world of work

Spring into Work with Positive Steps

The Positive Steps service can help you to create a brighter future through helping you back into work.

## How we can help you

It's about taking control of your life and us helping you into work. Our friendly Personal Advisers are on hand to help you in any way they can. You've made the right decision to start your journey back to work but we understand that it can be a daunting prospect. We can help you in lots of ways and support you in accessing the best route into work for you. We can help with:

- Basic skills training
- Confidence building
- IT skills
- Job tasters
- Further education courses
- Training
- Volunteering opportunities
- CV writing
- Interview skills
- Job search skills
- Motivational training

And if it's not on that list, then just let your adviser know, and we'll see what we can do. Remember, it's personal to you and it needs to be right for you. This is your journey and your life.



## You're not on your own

You don't have to take giant steps alone. This is about you making the important decision to take small steps back into work and you will be supported all the way - and even beyond that.

## Motivation and Determination

You've already made the positive decision to take a leap into work and do something about your future so you are already motivated and determined - exactly who we're looking to help.

## Working together with you

You'll be allocated your own Personal Adviser who will work with you at your own pace. You're in control of your decision to work and they want to guide and support you along that journey - it's going to be an exciting one so enjoy it.

## And it doesn't end there

We can help you with costs such as travel to work interviews, work equipment and lots more! And when you do find a job, the help and support won't end there.

Contact us and start your journey into work.

## David's Story

I was a chef for 30 years before I became ill with depression and back and knee problems.

For me it was very difficult. After four years on incapacity benefit I thought, 'this is me for the rest of my life'. Well how wrong I was. My adviser at Job Centre Plus put me in touch with Positive Steps into Work. What can I say, my Adviser quite literally saved my life by slowly but surely building up my confidence and self esteem until I was lucky enough to get onto a work placement programme.

Once I'd gained some work experience and a qualification, I managed to secure a permanent job as an Administrator with Blackpool Council.

I've gained my self-confidence back which, in turn, has allowed me to gain experience in a completely different work environment. I've gained skills in IT such as using software packages like Word, Powerpoint and Excel. I'm also working towards NVQ Level Two in Business Administration.

On top of all that, Positive Steps into Work have saved me and my family and that's no joke! If I could, I'd stand on top of Blackpool Tower and shout out, 'Don't despair, join Positive Steps into Work and turn your life around, it can be done!'

*"Positive Steps into Work have saved me and my family and that's no joke!"*

