

# A Step in the Right Direction

As part of the **A Step in the Right Direction** programme, we work with you on a one-to-one basis to help you:

**Identify personal  
barriers**

**Face fears and  
anxieties**

**Experience success**

**Be confident**

**Set goals**

**Gain control**

**Feel well & happy**

**Break cycles of limiting  
behaviour**

**Be motivated**

**Take positive action**

**Belong**

**Whether giving emotional support, or helping you with practical things like CV writing, developing a healthier lifestyle, or just helping you to “move on” in your life; the programme is tailored to meet the needs of the individual, and we will work with you to decide what it is you want to develop.**

A programme delivered by

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