

“I found the help with interviews and CVs very useful.”

Case Study

Name: Sarah Aberdeen

Programme: Think Positive

Outcome: Working at Birmingham International Airport

A terrible incident that occurred in Sarah’s life brought about her depression and anxiety, which also led to a lack of confidence and self-esteem. It made her withdraw and she could not leave the house.

She was encouraged to attend the Think Positive programme by her Work Coach. As she wanted to get her life back and try to sort out her issues, she agreed to come along.

She managed to get to the programme and found that the advisers were incredibly friendly and keen to help. This made Sarah realise that the programme may be just what she needed.

The programme covers a wide range of topics from employability information on job search, interviews and CVs to wellbeing topics such as mindset, confidence and self-esteem. Sarah attended because “I wanted to gain confidence with interviews and writing CVs as I suffer from depression and anxiety. I found the help with interviews and CVs very useful.”

The programme allowed her to focus on a purpose and she has made a lot of progress. From a person scared to be alone and leave the house to someone with more confidence able to attend a course, meet new people and work confidently in a group. Her self-esteem has also grown over the programme and she has started going for interviews.

Sarah has since been successful and has found a job working at Birmingham International Airport where she prepares inflight meals.