

Nigel moves back into work

Nigel, from Burton had been out of the job market for a number of years due to an eye injury. During this time he felt very self conscious about how he looked which left him with very low confidence.

Nigel really wanted to find a job but knew he would need help to do so. After talking to staff at the Connexions Centre in Burton he agreed to meet up with an Adviser for help.

Nigel met with Maura O'Brian, a Connexions Adult Adviser. Over the next few months they worked through a plan of activities together, to help Nigel get back to work. The first thing to do was get

Nigel's confidence back. To do this they worked through a series of confidence building exercises which helped to raise his self esteem.

Once Nigel started to feel more confident they moved on to looking at his skills and interests and what jobs he would be suited to. Following this, they started to incorporate topics such as jobsearching, completing application forms, and interviewing techniques into his sessions.

Nigel began to believe in himself and started to apply for jobs in his local area. It wasn't long before he found a job with Resources Recruitment Agency, working as a warehouse operator at Unipart in Burton, which is within walking distance from his home.



Nigel said: "I am very pleased with the help that I received from my Adviser. I'm a much more confident person now and enjoy my job. Without Maura's help I wouldn't have been able to achieve everything I have."

To find out more about Connexions Staffordshire log onto www.cxstaffs.co.uk or call 0808 1000 434.

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