

Sinead had left school following very negative experiences throughout her time in education. Sinead had lost her confidence in her own abilities and also with in the organisations whom she had trusted.

Sinead soon found herself with no qualifications and lack of work experience which resulted in no clear direction as to what to do next. Sinead said she felt overwhelmed with anxiety and worry, feeling she had no clear vision as to what her future held.

Initially Sinead was visibly nervous to meet with us and very apprehensive. Through conversation Sinead was very open and honest about her mental health, limited literacy and numeracy skills and what else she had been really struggling with.

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Sinead engaged with all aspects of the project including:

- employability workshops
- personal development sessions
- physical activities

Sinead worked closely with our Trauma Counsellor to help manage day to day feelings and emotions. This helped to enhance her own resilience and confidence both on the project as well as in everyday life and into the future.

Throughout the 10 weeks, Sinead has continuously challenged herself by taking herself out of her comfort zone and engaging in new opportunities. Being in unfamiliar environments allowed her to continuously develop her skills at a pace that was comfortable and felt safe for her.

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During our opportunities day Sinead demonstrated an increased confidence where we could visibly see her enthusiasm and desire to continue on her journey. Sinead related this was the first time in a long time she felt more confident and positive about her future. Since this session Sinead has secured herself a place on a 6 week course with FARE on their “FARE Play” course allowing Sinead the prospect of gaining qualifications, work experience in a nursery and hopefully securing an apprenticeship.

Sinead is keen to work within the community offering support to other children and young people ensuring they also have the opportunity to reach their full potential. Sinead has been a pleasure to work with, a valued member of the group and a participant that we have no doubt will go onto have a bright future.



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