

Sharing Parenting

making a difference to families



Building Better Opportunities in Suffolk

Sharing Parenting's **BUILD YOUR RAINBOW** project helps you achieve your career dreams!

One to One and/or group sessions to help you move towards education, training and/or employment.

- True Colours for work - identify jobs which best suit your personality strengths and weaknesses and improve communications and relations with interview panels
- Creating/updating your CV
- Managing Stress and Anxiety/ Mindfulness
- Becoming self employed - first steps
- Feel good about the future



*to be eligible for the BBO programme you must be over 24 yrs old and have been out of work for 6+ months

FOR MORE INFORMATION CONTACT:

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