

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 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 24yrs old and have been out of work for 6+ months.*

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