

Parallel Support Introduction

Belfast Works

TRAINING | EMPLOYMENT | SUPPORT

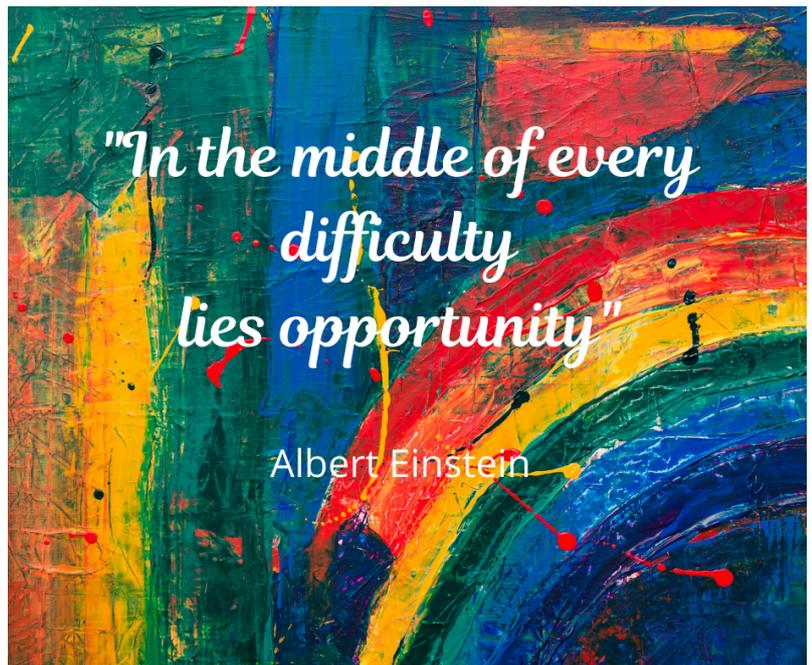
Who am I?

I am Lorraine, the EI Mentor for your area. I work with clients alongside Employability Mentors. My support is flexible- usually weekly sessions (presently over the phone although face-to-face is now an option), by email or text. My service varies from 1 session (interview anxiety is common for this) to 12.

I will be in touch with you 4 weeks into the programme to see if there is any additional support I can offer (unless you have asked not to be contacted). If you would like to have a chat or find out more before this, my email address is l.murphy@usdt.co.uk, you can call the office and leave a message or ask your Mentor to be referred.

How can I Help?

Being made redundant or looking for a job can be disheartening, frustrating and emotionally taxing. There is dealing with rejection, trying to stay motivated, filling your time meaningfully and maintaining mental health; not to mention dealing with knocks to the confidence and deciding on career direction. We can help with all of this, including any other barriers through our coaching service.



Find us on Facebook:
Parallel Support-
Wellbeing



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