

motiv



life chances for young people



FREE SUPPORT

Age 16 +

**NEET (Not in Education, Employment or Training)
Living in Portsmouth**

Motiv8 Navigators Programme

We recognise that each person is an individual so we will create a package of support based on your needs and circumstances.

We provide personalised 1:1 support through a dedicated mentor who will help guide you through your journey into Education, Employment or Training.

We will work with you to explore options, building on your strengths and offering support in areas you might feel less confident.

Some of support we can provide:

- Improving confidence & self-esteem
- CV writing
- Gaining CSCS card
- Interviewing skills
- Job searching
- Volunteering/work taster sessions
- Emotional health & wellbeing
- ... and much more!

**Interested?
call Sophie King on
023 9289 6972**



www.motiv8south.org.uk

