

Do Your Own Thing!



Are you a woman who is currently unemployed?

Would you like to work for yourself?

SEEAhead
SOCIAL • ECONOMIC • ENVIRONMENTAL

Who is this for?

Do Your Own Thing is aimed at women who are not working or in education for a variety of reasons. Examples would include:

- ill-health (physical and/or mental)
- carers for children or family members
- Lack of opportunities in the job market
- Lack of success in job applications

If you are long-term unemployed, economically inactive and face barriers to working, self-employment could offer you a real chance to be part of the labour market.

We will work with you on your confidence, motivation and business ideas so that you are prepared to be self-employed.

This programme is FREE for eligible participants!

What's it about?

We will support you to start your own business through a series of group training sessions, peer networking and one-to-one coaching and support.

Due to Covid-19, the programme will be delivered mainly online, with 9 out of the 12 workshops online and 3 delivered in person.

The first peer networking/coaching session will be face to face with the other two being virtual. All the one-to-one sessions will be delivered online.

Our programme will be twenty weeks long and you will be expected to engage with us for this period. The programme will consist of 12 weekly sessions with up to 10 delegates in each session. A personal development coach will run some of the sessions, whilst a qualified business coach will run the rest.

Of course, depending on the current Covid situation, we may need to move more sessions online, but we will keep you informed and supported through this.



What's covered in the programme?

We will work with you on your confidence, motivation and business ideas so that you are fully prepared to be self-employed by the end of the programme.

Here's what we will cover:

1. Building self-confidence
2. What being self-employed entails
3. Developing a successful business mindset
4. Generating Business Ideas
5. Legal information and Identifying your market
6. Planning & Budgeting
7. Managing the Money
8. Building assertiveness and better communication
9. Marketing
10. Managing your time effectively
11. Managing stress
12. Pulling It All together

What will it be like?

All workshops will be informal with lots of opportunity for discussion. You will leave with a personal development action plan to take forward on each given subject. This will build up into a working Business Plan so that you can set up your own business and have gathered the tools you need throughout the course.

There will be Peer Coaching/Networking sessions where you'll have opportunity to support each other through your business journey.

We will hold at least 5 one to one sessions with you to really concentrate on your idea and look at next steps which could be further market testing, training to gain the necessary qualifications you need or taking the plunge and registering as self-employed!

We expect everyone will get at least 40 hours of contact time, including group sessions and 10 hours of one-to-one time spread throughout the duration of the course.

What else do I need to know?

This programme is FREE for eligible participants

To join you must be:

- A woman
- Not in employment or education
- Have UK residency or a work-permit
- Living in West Yorkshire

You will be:

- Supported to manage your time
- Expected to sign an informal contract and commit to the programme
- Given the confidence to start your own business
- Given a real overview of what self-employment looks like

How do I find out more, or join the programme?

Contact us to apply or for an informal chat:

Louanne Roberts:

Tel: 07980 292146

Email: louanne.roberts@seeahead.co.uk

Helen Hoyle:

Tel: 07703 144384

Email: helen.hoyle@seeahead.co.uk

