

# Looking for a sense of direction? Want to increase your confidence?

Future Focus offers 1:1 coaching and small-group workshops to help people on Merseyside who are long-term unemployed and those who lost their job due to Covid.

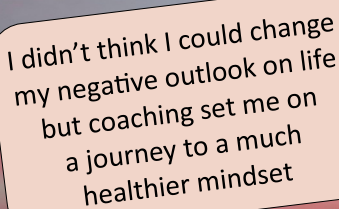
Funded by the lottery, the project will help you:

- ◆ Build up your confidence
- ◆ Strengthen your resilience
- ◆ Develop more focus in your job search
- ◆ Address any barriers in the way

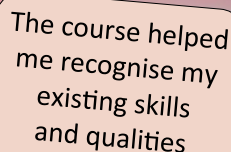
For more details, contact Jigsaw Coaching:

Email: [hello@jigsaw.uk.net](mailto:hello@jigsaw.uk.net)

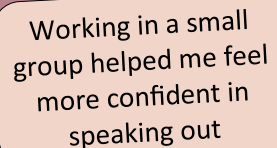
Mobile: 07970 722054

A speech bubble containing a testimonial. The background of the entire page is a sunset over a body of water, with a black signpost in the foreground. The signpost has three arrows pointing in different directions. The testimonial text is: "I didn't think I could change my negative outlook on life but coaching set me on a journey to a much healthier mindset".

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A speech bubble containing a testimonial. The text is: "The course helped me recognise my existing skills and qualities".

The course helped me recognise my existing skills and qualities

A speech bubble containing a testimonial. The text is: "Working in a small group helped me feel more confident in speaking out".

Working in a small group helped me feel more confident in speaking out