

Move forward with Be Well Employment Coaching

Get the support you need to find new opportunities and take the next step in your career with Be Well's experienced Employment Coaches.

We're here to help you every step of the way, with:

- Guidance on identifying your strengths and skills
- Career coaching and CV advice
- Tips on finding training and volunteering opportunities
- Techniques and tips for applying for jobs
- Interview preparation and confidence-building
- Help with work, family, and money worries
- Support in improving your health and wellbeing

**Speak to your healthcare professional
today or call us on 0161 470 7120**

**Be Well is here for anybody who is
registered with a Manchester GP.
We're free to all, near to home and
personal to you.**



Be Well is part of The Big Life group
of social businesses and charities



Additional support



In addition to our employment support, Be Well can support you to make healthy lifestyle changes in other areas of your life

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle

But tell us about the things holding you back too. Things like:

- Problems in work or finding a job
- Debt, paying your rent or mortgage, getting the right benefits
- Managing a long-term condition
- Where to start and what support is out there

We can help you overcome these things too because Be Well is a partnership of community-based organisations and groups that stretches across Manchester. So while you're seeing a Be Well healthy lifestyle coach, you can also tap into a whole range of health, employment, benefit, and community-based support. We'll work with you in whatever way suits you best.

It also means you can be invited to come to us by a wide range of groups and organisations in your community as well as by local health, housing and advice workers.

To make living and feeling well part of everyday life, speak to your healthcare professional or call us on **0161 470 7120** from Monday to Friday 9am - 5pm or email **bewell@thebiglifegroup.com**

