



## ARE YOU

**Long-term unemployed?  
Struggling with low confidence,  
negative thoughts, or fear of failure?  
Ready for a change?**

**Then join us for our 8-week cognitive-behavioural**

## GROUP COACHING


**In this programme, you will gain more clarity about  
your goals, improve your self-confidence and wellbeing,  
and meet others who are in a similar place**

**Wednesdays 9:30 - 11:30 am      22/02/2023 – 12/04/2023**

**18 Wensum St, Norwich NR3 1HY (above Carberry's café)**

**Free of charge ● Limited spaces available ● Info & registration: [hello@rippleacts.com](mailto:hello@rippleacts.com)  
[www.rippleacts.org](http://www.rippleacts.org)**





This group coaching programme is targeted at long-term unemployed people who lack clarity on their goals and have fears and negative self-beliefs. It follows a cognitive-behavioural approach.

We help our participants to rediscover their strengths, find a career vision, gain control over their inner dialogue, and take first positive steps towards achieving their goals.

Our sessions are designed in a light, friendly and interactive way and take place in a beautiful venue in Norwich city centre.

### **Contents include:**

- Creative vision development
- Basic concepts of psychology and neuroscience
  - Self-coaching and peer-coaching
    - Active listening
    - Goal-setting
- Contemplation and mindfulness
  - ....and much more

Optionally, the course is complemented by in-depth 1:1 coaching, voluntary project work, supported work experience and peer-mentoring.

**More info, referrals and registration:**

**[hello@rippleacts.org](mailto:hello@rippleacts.org)**

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