

INSPIRED

Changing your life through confidence at work

**SUCCESS WITH HER
JOB APPLICANTS**

*Best Practice
truly amazing people*



THE QUALITY OF COURAGE AND CONFIDENCE

Now works as a Work Coach at the Job Centre in Watford!

Amar has a background in Retail Management but now works as a Work Coach at the Job Centre in Watford after being on a Best Practice course. This is her story.

*"You should never judge a book by its cover.
This can happen to anyone."*

After becoming unemployed, Amar was referred to the Best Practice course - Moving Towards Work - by her work coach. Throughout the course Amar found that her confidence and self-esteem had grown considerably. She found this unique to Best Practice compared to many other courses she had attended in the past. Amar interacted well with her group and enjoyed helping other learners when they needed help.

"My advice to anyone due to start a Best Practice course is to keep an open mind. Focus on what you personally want to get from being on the course and fully engage and interact with what is going on."

Amar completed the course and offered to work as a volunteer on one of Best Practice's courses to gain experience in training. Whilst working as a volunteer Amar continued applying for similar roles, supported by her tutor Julie.

After a few weeks, she was successful in securing a role as a Work Coach with Job Centre Plus. Amar now recommends Best Practice courses to everyone she comes into contact with and gives her own personal testimonial of her positive experience.



Tutor comments Julie Nelson

"All the learners commented on how the course has helped them and expressed how much more confident they feel!"

For further information about our courses or to make a booking contact 01923 225 225 or email info@bestpractice.uk.com



Best Practice Training & Development Ltd

First Floor, Centre Block, Hille Business Centre, 132a St Albans Road, Watford, WD24 4AE

t 01923 225225 info@bestpractice.uk.com www.bestpracticeuk.com

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