

# INSPIRED

Changing your life through confidence at work

**KEEP COMING BACK  
TO DO MORE COURSES!**  
*I LOVED the course  
and the tutors!*



## NEVER TOO LATE FOR A TRANSFORMATION

Through the course experience, her confidence is higher than ever!

Monica, a 64 year old woman in Hackney, had been unemployed for a while. After having a lot of bad experiences with recruitment agencies she had given up hope of finding a job.

In 2016 she was at the Job Centre one day when her work coach recommended she do a course at Best Practice in conjunction with the Job Centre – FSF Project. She loved the course and the tutors so much that she signed up for the next one after that and has never left since!

Monica has since completed a BTEC Award in Workskills, NCFE Functional Skills in Maths and ICT and is over the moon with her achievements. Monica also comes in after 3pm for support with Job search/UJM. To celebrate she brought in some cakes to share with the fantastic people at Best Practice.

She found the environment she studied in a pleasant and relaxing experience which has motivated her to succeed. She has grown in confidence and the tutors have made it easy for Monica to gain new skills which she applies in her everyday life.

Monica is so happy with her experience at Best Practice that she recommends the courses to anyone and everyone who will listen! She even pushes her job coach to advertise the courses whenever she is at the Job Centre.



### Tutor comments Elaine Barklem

**“It’s been a delight to have Monica on our courses. An inspiration to all, especially at her age.”**

**For further information about our courses or  
to make a booking contact 01923 225 225  
or email [info@bestpractice.uk.com](mailto:info@bestpractice.uk.com)**



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