

THE WELLBEING TEAM

Support to progress

The Wellbeing Team are a pre employability service offering a wealth of knowledge and experience in coaching, mental health support and personal development to empower individuals in tackling barriers that are preventing them from moving forward.

ONE TO ONE



Experienced advisers offer regular one to one coaching and assistance via face to face, telephone or email.

Individuals will work with an advisor to identify any barriers stopping them moving forward, set goals and create an achievable action plan.

Advisors will provide support and encouragement to help improve confidence, self-esteem and motivation whilst also exploring techniques that can be utilised to manage stress.



GROUP WORK

The service also offers group work throughout the year in the form of wellbeing workshops and short term N2 work courses.

All courses are adviser led and provide a focused approach that is designed to encourage individuals in decision making, barrier removal and goal setting.

WOMEN & MEN N2 WORK

The N2Work programme offers short term courses which provide clients with in-depth personal development alongside practical support and assistance for seeking employment.

WELLBEING WORKSHOP

The workshop considers the impact fitness, nutrition, routine and sleep have on our health and wellbeing. It provides practical techniques and advice to help manage stress, create positive routines, reduce anxiety and improve confidence.

CONTACT

 Call - 0800 032 9768

 Email - a2ewellbeingteam@westlothian.gov.uk

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