

Are you 16-24?

Need support getting into work?

NEXT PROGRAMME

Monday 4th
November
2024

Grow
389 Manor Lane
Sheffield
S2 1UL

Join our Connect & Grow Programme



5 week programme



3 afternoons per week
1-3:30pm



Develop skills to help you get into work
and boost your wellbeing



Boost confidence



Gain work experience



Get out in nature



1-to-1s with coach



Develop skills



Build resilience



What do we do at Grow?

Being in nature is good for us, that's why we focus on working in it! Through nature-based projects on our flower farm, you'll develop soft skills that are key ingredients to thriving in life and at work, such as working well with others, communication and managing your motivation.

Want to build your confidence?

Many of our trainees want to develop their confidence. If you've hit challenges in life and need support to move forward and find a job that works for you, we can help.



Find out more:



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Since coming to Grow I've had more of a routine and rather than feeling secluded at home I've had a reason to get out of the house. - **Tom, trainee**

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grow