



## 1. About Us

Life can throw up barriers, whether it's challenges at school or work, difficulties with confidence, or the long road back after illness or injury.

Our mentoring service provides personalised, one-on-one support to help you build skills, set goals, and move forward with confidence

## 2. Who We Support

Young people facing challenges, including difficulties with focus, motivation, anxiety, or finding their path.

People recovering from serious illness or injury, who want to rebuild confidence, re-enter the workforce, or take positive steps in life again.

## 3. How Mentoring Helps

- Practical guidance, setting achievable goals and breaking them into simple steps.
- Confidence building, learning how to trust yourself and your abilities again.
- Work & study support, exploring opportunities, preparing for applications, or finding the right path forward.
- Life skills, managing routines, improving communication, and problem-solving
- Emotional support, someone who listens, encourages, and stands by you.

## 4. Why Choose Us?

- We take a person-first approach. Every journey is unique, so support is tailored to you.
- We focus on strengths and potential, not just barriers.
- We provide safe, reliable, and ongoing support, walking alongside you at your pace.

## 5. Your Next Step..

— Call us today on 0433 507 114 for a friendly chat