

## COACH 2 START

### You are the future!

#### COACH2START will give you a massive boost!

Don't have qualifications? Going round in circles? Don't know what to do? Don't know where to go? Lost your belief? COACH2START gives you six weeks of coaching to help you move forwards.

#### WHAT ARE THE OBJECTIVES?

##### > UNDERSTAND YOURSELF BETTER

Discover your strengths, go beyond your limits, identify what gets you going, gives you passion and makes you want to get up in the morning!

##### > FIND YOUR RHYTHM

Get up in the morning, manage your schedule, live in a group, discover new people, try out new activities, ...

##### > MAKE CONCRETE CHOICES FOR THE FUTURE

Take charge of your life, make personal and professional choices that suit and motivate you.

##### > CREATE AN ACTION PLAN

List the actions that will enable you to achieve your goals in the short, medium and long term.

##### > CREATE NEW TOOLS

Build a CV, write a covering letter for a job application, develop a new network, learn to present yourself at interviews, ...

#### WHAT'S ON THE PROGRAMME?

##### **6 weeks | 5 days a week | 9:30 > 17:00 | 12 participants per session.**

- > You experience a custom-designed, practical and progressive course.
- > Every day, you meet a stimulating coach and attend a different workshop.
- > You receive collective and individual coaching.
- > Together, we box, play games, argue, cook and make progress.
- > People's stories are told and listened to.
- > The basic values are equality, trust, responsibility, kindness and respect.

#### TO REGISTER YOU MUST:

- Be BETWEEN 18 AND 30 YEARS OLD.
- Have obtained NO HIGHER THAN the Certificate of Upper Secondary Studies (CESS).
- Be LIVING IN BRUSSELS and REGISTERED WITH ACTIRIS as a job-seeker.

#### > BUT ALSO <

- HAVE A BURNING DESIRE to move forwards.
- BE AVAILABLE for six weeks, from Monday to Friday.
- BE READY to change your habits, ask yourself questions and challenge yourself.

#### IS IT FREE?

YES! What's more, COACH2START is recognised by Bruxelles Formation.

- > You will sign a training contract, and receive a certificate at the end of the course.
- > By attending the course you will meet your obligations as a job-seeker during this entire period.
- > You will receive a payment of €1 gross per hour of training.

### **WHAT HAPPENS AFTERWARDS?**

After COACH2START, you can:

- give shape to your future career with JOB2START
- go your own way!

### **Do you work with and for young people in Brussels?**

Do you fight every day to help young people in Brussels move forward?

Do you want Brussels to be a city where this social capital is valued and finds its place?

Are you looking for innovative ways to boost the confidence of these talented young people?

Do you dream of seeing them make their own way?

TOGETHER we can do it.

- > Think about the best way to work together.
- > Share our expertise.
- > Develop a new method.

Interested? Contact us

coordinator COACH2START [damien.bachy@art2work.be](mailto:damien.bachy@art2work.be)

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### **Next COACH2START session**

14.10.19 to 22.11.19

### **How do I take part?**

Come to the next DISCOVERY INFORMATION SESSION

Date: 17 09 2019 @2 pm

Location: MALTERIE 4<sup>th</sup> floor- quai du Hainaut 41 - 1080 Molenbeek

### **Any questions?**

Call us: 02 411 94 15

or send an email to: [damien.bachy@art2work.be](mailto:damien.bachy@art2work.be)

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