

# Empower Case Study Report

Including Client  
Feedback

Aime Pickersgill

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## Introduction

Our intensive four-week "Empower" programme focuses on developing a stronger and more growth orientated mindset which will inspire change and create movement and action to progress learners towards their intended goal.

Our tutors monitor and support our attendees throughout the course and upon completion invite them to answer several simple questions. This is to enable them to gather feedback, outline the attendees next steps and establish what impact (if any) the course has had to their individual circumstances.

This brief document will demonstrate any feedback that we have received on an individual basis. It will also feature a short overview including any additional comments from the tutor.



## Case Study

<b>Name</b>	Aime Pickersgill		
<b>Date</b>	18-01-22		
<b>Course</b>	Barnsley (Pilot Course)		
<b>What was your situation when you started the course?</b>			
<p>My anxiety was really bad, I was worrying a lot about a number of things i.e. timekeeping, always thinking I was going to be late.</p> <p>When a problem occurred in any situation, it always used to get to me so that I dealt with a situation the wrong way. Since I completed the course, it has given me the key to deal with situations in a better way such as breathing techniques, counting to ten, being able to think before I write down/ before I speak.</p> <p>After I had taken part in Endorphins course, it has given me more reasons to feel confident and to feel proud about myself, confidence in sharing my experience with a group of people.</p>			
<b>What did you learn on the course?</b>			
<p>I have learnt that there are more that I know about myself, I have more capabilities, realising that I am capable in a lot of areas meaning, that I get involved and able to learn new things every-day.</p>			
<b>How will this help you in the future?</b>			
<p>Endorphins has given me more confidence in myself in many ways, realising that life is only hard because we make it difficult, ask for help when struggling with any situations.</p>			
<b>What are your next steps?</b>			
<p>My next step is to be more positive and cut out the negativity, keep saying to myself, I can do this! To try and remember to think of a better way to deal with difficult situations, not to let negativity get to me.</p>			
<b>Signature</b>	A.Pickersgill	<b>Date</b>	18-01-22

## Summary

## Summary from Kirsty – Adult Education Manager

Amie attended our Empower pilot (In-person) course in Barnsley in January 2022. She started off very nervous and quickly became more visibly confident as well showing a keen interest in helping others.

During the course she started to see beyond her limitations and approached any barriers with a different perspective.

Upon completing the initial Empower course she then went on to volunteer at another of our cohorts. It was a pleasure to see her confidence grow.

## Destination

After completing the initial Empower course Aime has gone on to help others by volunteering at another one of our Empower course cohorts in Barnsley. This is a great way to further build her confidence and experience.



## Case Study

### Contact Us

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