

Empower Case Study Report

Including Client
Feedback

Nazam Iqbal



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

Name	Nazam Iqbal
Date	21-01-22
Course	Rotherham - In person course

What was your situation when you started the course?

I couldn't really concentrate properly with what I wanted to do in the future. At this time my life was quite stressful. Because of such a stressful situation it felt like I couldn't move on. I was stuck in an employment programme that was making me very unhappy. I was having headaches and couldn't sleep very well because I was dwelling on the situation.

What did you learn on the course?

I learnt how to change my mindset from negative to positive. The mindfulness techniques made me feel calm and fresh minded. I also enjoyed meeting other people on the course and also gained a lot of confidence and met a new friend. I realised through some of the activities my features and benefits and I felt like it boosted my confidence. I learnt self-reflection and what my skills and abilities are. The job market information was really interesting.

How will this help you in the future?

It's helped me to be confident, to make my own choices and to choose what I want for my own future. The meditation gives me a clear head and helps me to think and reflect better. The support from my tutor being there with me, helps me to open up and to speak more with a trusted person.

What are your next steps?

- Work on interview skills
- To do well in my voluntary position
- To look for work in clothing and retail
- A hobby like going to the gym

Signature	Nazam Iqbal	Date	21-01-22
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Summary

Summary from Sam - Empower Tutor

Nazam attended our Rotherham Empower course in January 2022 and he came along with very little knowledge of mindfulness and empowerment. He was looking for a way to find direction in his life, gain focus as well increase his confidence.

Nazam was willing to give the course and the mindfulness techniques a try and to explore how this could move him towards making some positive changes in his life.

He put a lot of time, effort and energy into this new way of thinking and has made new friends who he remains close to even after completion of the course. His confidence and trust have improved immensely, and he is now better able to make his own choices and focus on his future goals.

Destination

After completing the course Nazam explained that he is feeling a lot more confident and just generally better within himself. Mentioning that he feels that he believes in himself much more than when he first started the course.

Throughout the course and the 121 support he said he has felt understood and like there is someone who wants the best for him. The mindfulness techniques help him still if he gets stressed.

During his last 121 catch up call with tutor Sam, Nazam spoke about the voluntary work he is currently doing which is going really well and he now feels ready and more confident to enter paid employment.

Nazam has taken the initial steps himself to finding paid employment in retail by feeling empowered and confident enough to reach out to employers about any potential positions they may have available. He has experienced a real shift in mindset and is in a much more proactive and positive headspace.



Above photograph: Nazam and another learner meeting our tutor Sam after completing their course.
Signed permission to share image obtained from both learners



Case Study

Contact Us

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