

Empower Case Study Report

Including Client
Feedback

Mohammed Ramzan



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	Mohammed Ramzan		
Date	24-01-22		
Course	Rotherham - In person course		
What was your situation when you started the course?			
I am out of work on long term sick.			
What did you learn on the course?			
Mindfulness techniques because I had no knowledge of mindfulness before the course.			
How will this help you in the future?			
<ul style="list-style-type: none"> • Deal with my anxiety, stress and depression. • Get working full time in a job. • Use mindfulness techniques to relax and stay in work. 			
What are your next steps?			
<ul style="list-style-type: none"> • Apply for charity board roles. • Interview next week. 			
Signature	Mohammed Ramzan	Date	24-01-22

Summary

Summary from Sam - Empower Tutor

Mohammed attended our Rotherham Empower course in January 2022, he had been out of work on long term sick and had ambitions to get back into full time work. He came along to the course with very little knowledge of mindfulness techniques and therefore I felt he was able to take a lot from this area of the course.

Destination

Mohammed is now due to start a position at the end of February as a non-executive board member for a charity. He has since fed back to tutor Sam that he was really looking forward to starting as this will give him focus and new goals in life. He did also mention that the mindfulness techniques have also helped him during a recent family bereavement.



Above photograph: Mohammed 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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