

Inspire Dorset

Ideas for Change



WHAT CAN YOU
ACHIEVE?

Inspire Dorset, supporting people into employment,
training and setting up in business.



“

WORKING WITH MY COACH AT
INSPIRE DORSET HAS BEEN
LIFE CHANGING.
WHAT A FANTASTIC
INITIATIVE THIS IS!

”

SMALL STEPS EVERY DAY



Inspire Dorset is designed to support unemployed people and those with barriers to employment towards employability, training, setting up a business/enterprise or testing out an idea they may have. We work with each person, and tailor support to individual needs.

Our flexible programme offers two opportunities

1-2-1 coaching
&
Team Challenge

About Us

Inspire Dorset is funded by the European Social Fund and National Lottery Community Fund as part of the Building Better Opportunities programme.

1-2-1 coaching



1-2-1 Coaching

We will work with you to identify the type of work that will fulfil you, and provide the support needed to achieve your employment goals.

We can help you develop, test and launch your business start-up ideas whilst helping build skills such as business planning and budgeting.

Team Challenge



Team Challenge

We guide a group in how to organise a community project that will solve a community need. As part of the group you will take a project from an idea all the way through to reality.



“

HAVING SOMEONE BEHIND ME TO BOUNCE IDEAS OFF AND GIVE ENCOURAGEMENT HAS HELPED A HUGE AMOUNT!

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SMALL STEPS EVERY DAY



“

EXACTLY WHAT I NEEDED IN ORDER TO REALLY BELIEVE IN MYSELF AND MAKE MY DREAMS BECOME A REALITY

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SMALL STEPS EVERY DAY



“

I'M FEELING AMAZING! THE INSPIRE DORSET PROGRAMME HAS GIVEN ME A BETTER PERSPECTIVE ON MY BARRIERS

”

SMALL STEPS EVERY DAY

During the programme participants develop self-confidence, communication skills, stress and anxiety management techniques and professional skills for employment.

Here is just a small example of the positive feedback we have received from participants that have been on the programme

"I feel more confident talking to people now"

"It's great to be involved in a project like this"

"Inspire Dorset helped me to really believe in myself"

"I can see a brighter future. I've developed more self-belief"

Contact Us

If you are interested in finding out more about Inspire Dorset, please get in touch

Paul Seaman – Programme Manager
paul.seaman@dorsetcommunityaction.org.uk

Nicki Payne – Supporting Enterprise Coach
nicki.payne@dorsetcommunityaction.org.uk

Tel: 01305 216411

Facebook: @inspiredorset

www.dorsetcommunityaction.org.uk/inspiredorset

Please note: to be eligible for the Inspire Dorset programme you must be over 15 years old, unemployed and have the right to live and work in the UK



Inspire Dorset is a programme being run by Dorset Community Action and funded by the European Social Fund and National Lottery Community Fund as part of the Building Better Opportunities programme

