



# ON TRACK could help you



Clearing barriers to work  
for young people in Norfolk

## Are you

- 16-24 years old
- Unemployed and not in education or training
- Having trouble finding work
- Don't know where to start...?



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Coaching



Engagement



Move On



Participation

# What does On Track do?

On Track offers lots of support to meet different people's needs:



Coaching

Confidential, friendly, one to one support from coaches who understand your challenges and can help you to set and reach goals.



Engagement

Tailored to meet personal needs with a real focus on getting participants ready for education, employment or training. The activities include functional skills in English and Maths, life skills and wellbeing.



Move On

Help to find the jobs and training that are right for you. C.V and Covering Letter development. Opportunities to engage with work experience and voluntary placements.



Participation

A chance for you to get involved and have an impact on the delivery of the project through involvement in the On Track Steering Group. Opportunities to become Peer mentors and help others on the programme.

# Who can join On Track?

To take part in On Track you must:

- Be aged between 16-24
- Not be in paid work
- Not be in education or training
- Be living in Norfolk
- Have the right to work in the UK
- Be having trouble getting into work, education or training

# How can On Track help me?

On Track is a service that has helped over 500 young people get into work, education or training since 2017.

On Track is different because it is tailored to meet your needs.

And it's completely free.

## Coaching Team



The On Track coaches work across Norfolk meeting young people in their communities. Our friendly staff will coach you all the way. They will give you the advice and help you need to make the most of the things you are good at.

## What our young people say...

*I feel like they understand me as a person. I was a little bit anxious and shy before taking part on On Track, but meeting up with my On Track coach and getting to know them has brought my personality out.*

*I am completely ready to work now.*

*I have got the qualifications I wanted. Because of On Track I now feel I can go out and get a job.*

*Every time I go I know I'm going to get something out of it*

*He [a coach] made my CV all neat and helped me look for job sites. He built my confidence to start to look for work. He told me which jobs to start looking for in terms of the best options for me at this moment*





If you want to find out more about **On Track**  
you can get in touch through the form on our  
website **[www.ontracknorfolk.org](http://www.ontracknorfolk.org)**

Or

Email us **[contact@ontracknorfolk.org](mailto:contact@ontracknorfolk.org)**

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