

KONNECT COMMUNITIES

WORKSHOPS CASE STUDY



Steph's Story 2023

BACKGROUND:

Steph was referred to the Konnect Dress to Impress course by the Job Centre. She initially felt very nervous about taking part but found the team to be welcoming and approachable. In her words, "I was anxious. I didn't know what to expect. But they were very nice."

KONNECT'S SUPPORT:

Dress to Impress is a 4-week course that aims to give people the tools and techniques to feel confident and be successful at interviews.

Over four interactive sessions, clients learn how to make a positive first impression at an interview, find a good hairstyle to boost confidence, find out about how wearing the right clothes can boost your self-esteem and learn how to shop well on a budget for interview clothes.

KONNECT'S IMPACT:

Throughout the four-week programme, Steph found that her confidence grew and she took something positive away from each of the sessions. For example, the guest speaker from a local media company talked about what they would expect from someone who came for a job interview. Steph said, "She encouraged us to do some research about the organisation which is something I would have never thought about. I also liked that she talked about her own experiences from her career which felt very personal."

But what stood out the most for Steph was the hairstylist from the second session. "[They] gave really good advice, both for the men and ladies in the group, and it was all personal. Some people had their hair cut, others were given advice on colours or hair products and we were told about styles that were appropriate for a workplace which was interesting."

On the final day, participants undertook a group exercise to find an outfit from a charity shop for a particular job interview. Steph enjoyed this and was able to reflect on how challenging it was to find the right thing, particularly in non-standard sizes.

When she came to complete the end-of-programme feedback form, Steph realised how much she had enjoyed the sessions and how much she had benefitted from them. She said, "Although I'm not able to work at the moment I know that I will be much more prepared for an interview when the time comes. That may be a volunteering role. I will definitely do some research on the company and will style my hair differently. I now know what colours suit me and will make sure I find an outfit that is suited to the role."

The Konnect team has also referred Steph to the Multiply Course to help improve her maths skills and she is hopeful that her journey will continue positively with this additional support.

Steph described the Dress to Impress course as follows:

"Awesome! Courses like this are such a good idea and I have gained a lot from it!"