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Harmony Coaching & Mentoring Avenues is a social enterprise with charitable status. We aim to offer help to disadvantaged, socially excluded and unemployed people who are experiencing difficulty with life management. To support the local community with difficulties related to life management and to assist this community with employment issues and employment coaching.



Eileen's update - Welcome to the spring summer edition of our newsletter and we have been working very hard during the last few months. We were delighted to be joined by the Mayor of Stevenage Michael Downing on the 10th May when he presented certificates to the peer mentors who have completed a 12 week mentoring programme. The ILM level 2 Award in Team Leading was a great success and please see page 4 for the comments from candidates. We are planning to run another course in August so contact us for more information. We have received funding from the Folletts and Awards for All see page 3 for more information.

HCMA is launching our HR function too and we have secured 2 contracts both of which are social enterprises. Sue Wren is our HR specialist, read more about Sue on page 2. HCMA has been very lucky as we have won office space at the BTC centre in Stevenage for 6 months rent free, which will support the growth of the organisation and we are moving on 4th July 2011. **Our new address will be Business & Technology Centre, Bessemer Drive, Stevenage Herts SG1 2DX and our new telephone number will be 01438 310074.**

I would like thank Elaine for embracing HCMA's values and for her dedication to both the charity and the trading arm. We have a new volunteer Elaine Docwra, who is helping us with our newsletter and raising HCMA's profile locally. I hope you enjoy what we have to share with you in this edition. Eileen



These last few months have been amazing. The funding we received from Vodafone allowed me to work full time for HCMA for two months and the results have been great. The courses we have delivered and the work we have done to promote HCMA's work within the community has enabled more people to benefit from what we do. I have completed the ILM Certificate in Coaching and Mentoring and the Community Peer to Peer Mentoring Programme and am now mentoring someone. Working with my mentee is such a fulfilling experience and is enabling me to put what I have learnt into practice and to help me develop my mentoring skills. I have also now started the NLP Level 1 Course and am finding that I am already using the strategies that I have learnt. This time with HCMA has confirmed that my move into the voluntary sector was the right one and that the work that HCMA does has benefited so many people and with continued support will benefit even more!

I have the pleasure of introducing Sue Wren



I'm really excited to be joining a value-driven organisation like HCMA. I've seen the impact they've had on people's lives' and experienced for myself the unique, person-centred approach of Eileen and the environment that she creates to allow people to grow and learn their own lessons. I share the same values as HCMA and passionately believe that we all have limitless potential & that we hold the key to release it. Sometimes, it might be so buried that we don't even recognise it & we might need a little help to realise it. My career has largely been in Human Resources as a coach; advisor and business partner, with a focus on getting the best from people and helping employees get the best from themselves.

I have spent the last 14 years developing my HR career in a number of different organisations, both private and public and I've held many different generalist roles. and worked on a huge variety of HR issues including performance management & development, disciplinaries & grievances, redundancies, restructures and much more. I have a BA (Hons) in Business Administration & am a Member of the Chartered Institute of Personnel & Development (MCIPD) and I've recently completed the Community Peer to Peer Mentoring programme and NLP Level One, working towards the practioners level. Please see our website for further details on Sue's profile.

HCMA News

We have had an extremely busy few months. The Vodafone funding was a great help it enabled Elaine to gain a deeper understanding of the work we do. We completed the Community leaders ILM Coaching and Mentoring Programme and are now matching the community leaders with local people who are looking for help and support to improve their lives and the lives of their families. We also delivered the ILM Level 2 Award in Team Leading to local social entrepreneurs and an NLP One Day Workshop to give people a flavour of the positive impact that NLP can have on their lives. We are now delivering a NLP Level 1 programme. The Community Peer Mentoring Programme has had an amazing impact on our delegates with over half of them going on to undertake further studying and becoming Community Mentors. The Business Development training from Social Enterprises we delivered in partnership with ESUDA and Third Thursday gave delegates great practical tools for income generation and the feedback we got was fantastic.

We have also been raising our profile locally becoming members of the Hertfordshire Training and Development Consortium and attending events such as the Social Inclusion Partnership meeting and the HTDC Learning Together Forum.

Why Volunteer?

As a Charity we rely on our volunteers immensely, without them we would not be able to help others achieve their personal goals of self-development. But volunteering is also personally rewarding. As a volunteer, you get to use your life skills to help others, is there anything as truly rewarding as being able to help someone make a positive change to their lives, to manage their relationships better, to find employment and to have the confidence and the self-belief to reach higher? Whether you have one hour a month spare or 20 hours we would love for you to volunteer with us. So please contact us to find out more.

Funding and Sponsorship

We are extremely grateful to Barbara and Ken Follett for their donation of £1,000.00 towards the charity work we do and this donation will enable 3 more disadvantaged people to receive coaching and mentoring from us.

We are pleased to announce that we have been funded by Awards for All, to run a project for women called
"WEN"
Women's Employability Network



The project will run from August 2011 to July 2012 and it will provide a combination of training in life employability and self employment skills, with the establishment of ongoing peer networking support group for 20 women in the Stevenage area called WEN. The project starts with 8 weeks of training with 3½ hour training sessions once a week covering areas such as:

- Career Profiling
- Advanced Communication skills
- Interview skills, including presentation and rapport building
- Creative thinking
- Techniques to raise the self-esteem and confidence of individuals, moving towards employment
- Strength and weaknesses (i.e. would you give yourself a job?)
- Confidence and courage to take the next steps

*Followed by, monthly network meetings with key speakers to support the needs of the women.
If you would like to get involved please contact us for more details.*

Courses

We have many different types of courses available and are designed to meet the differing needs of individuals and organisations. Please find below a sample of the courses we are currently running;

The NLP Practitioner course will start in September 2011 one day a month for 6 months

ILM Level 2 Award: Qualifications in Team Leading

The ILM Level 2 Award in Team Leading and ILM Level 2 Certificate in Team Leading are qualifications specially designed to give practicing or aspiring team leaders a solid foundation in their formal development as a leader.

Sales & Marketing with Advanced Leadership Communication

Sales income is the lifeblood of a social enterprise. This course is designed to teach your staff essential marketing skills including online & offline marketing strategies, prospecting skills, opportunity engagement skills, closing skills and much more.

Business Start Up Coaching

HCMA offer Business coaching and advice for individual clients and businesses within East Anglia and you may be eligible to receive **Government funding** towards this business coaching and support. So please contact us if you feel you would benefit from this.

Bespoke Leadership and Coaching Programmes

"We offer 1:1 bespoke Leadership and Coaching programmes specifically designed for the needs of the organisation and the individual. This tailor-made course is offered with up to £1000 funding provided".

To find out more about these and other courses please go to www.hcma.me.uk

Testimonials:

We measure the success of our coaching and mentoring courses and all our training by the feedback we receive from the people we work with. Below are some of those testimonials from delegates that were on our ILM Level 2 Team Leading course:

I found the course extremely beneficial to honing my leadership skills, I was able to identify my leadership style and now have a better understanding of the tools needed to lead a successful team. Eileen the trainer and the other delegates on the course were interesting and inspiring, really friendly people, we all clicked immediately and got on brilliantly, the atmosphere was electric! I thoroughly enjoyed myself and would recommend attending."

Sheleen

"I would like to thank HCMA for giving me the opportunity to carry out the ILM level 2 Team leading skills award, the course has proved highly beneficial and as a new organisation has instilled the fundamental knowledge of what it takes to build a successful and effective team

Chantel

"The best thing about the course was the fact that I was able to meet such extraordinary people who, through their and the tutor's feedback, were able to show me key strengths that I had and was not aware of!"

Adelina

HCMA are affiliated and partnered with a varied range of organisations of whom we are proud to be associated, we continue to strive to research and build relationships to widen our networks that enable us to enhance and add value to what we do locally and in the wider field. Take time to visit their websites:-



Until next time

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