



INSIDE THIS ISSUE

- 1 Eileen's update
- 2 WEN Project
- 3 Courses
- 4 Insight book

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.



Welcome to our New Year newsletter and 2012 is predicted to be the year of change. We all face new challenges and with the economy being so unstable it is up to us all to start helping and supporting each other. We need to do things differently and here at HCMA we have embraced this way of thinking. Throughout the

newsletter you will read some inspiring and uplifting stories.

The WEN project has been a tremendous success and we kick off this month with the first WEN networking event. I am also delighted to announce that the ladies who attended the WEN project will be hosting the events too. The first event will be held at InTown Training on Wednesday 25th January between 7pm and 9pm. Guest speakers will include Councillor Sharon Taylor, Katrina Kozuch and Ilse Leenders. Contact Tulasi if you would like to attend and for more details.

I am pleased that the mentoring and employment /self-employment coaching funded by TCHC is proving to have a great impact on people's lives. If you would like some coaching please contact Sue.

I hope 2012 becomes a year where we can all bring some balance back into our lives.

Love, Eileen

Women Employability Network



I sit on my laurels
And do nothing today
It's not so usual?
I did that yesterday!
But. Then in my mind
I'm just fed up and bored
Where's my direction?
Self-esteem and reward!
I must find my feet.

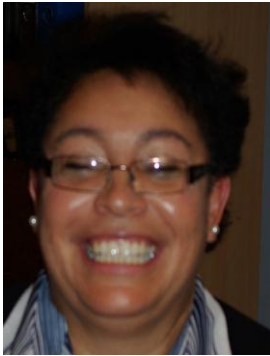
And get off my ass.
Suddenly there are no questions to ask?
Can I afford to be embarrassed! Or scared.
What I need is HELP!
Self-belief and find a mentor again.
Then would you believe it!
You won't but it's true.
Virtually right on my door step!
Right here in Stevenage!
Eileen Hutchinson came through
She is a rare breed of humanity
She is a breath of fresh air
She gives of herself everyday so it seems
And she does it all with a smile to others.

- Hazel

The newly-established Women Employability Network in Stevenage, set up in September, aimed to provide training in employability and self-employment skills to local women. Over 25 women have taken part in the programme, nine of whom, of varying backgrounds, have taken part in this course, each having joined WEN for different reasons. They attended training sessions which covered a number of topics such as career profiling, analysing strengths and weaknesses, introduction to interview and presentation skills, and creative thinking. The training has developed the women's confidence, self-esteem and their ability to work well with others. Forming part of the project, a mentoring scheme has been put in place to support the women and further their development.

As part of WEN, the next phase will be to hold a number of themed monthly forums, which will provide practical support to enable the women to take the next steps required to achieve their individual goals. The monthly forums, starting in January, will include topics such as networking, dress and colour coordination, starting up a new business and working in various sectors.

You can now follow WEN on Facebook, LinkedIn and Twitter.



I decided to join WEN as I have recently gone self-employed, and was looking for guidance and research into one or two new ventures. What I found is a group of like-minded, talented and authentic women - and a project that deals with far more than the "nuts and bolts" of business and employability, a project that heals, supports and guides your heart, mind and soul! None of the women who have done this course remain the same; all were touched and inspired by Eileen. The skills and links for good business were an added bonus. Truly a new and innovative approach to business - one which works better in the current climate of austerity. – Vyonne.



I volunteered with HCMA, specifically to bring together the WEN project, helping to design the handouts and organise the sessions. Out of curiosity, I decided to do the course, as, for a long time, I had been looking for a career direction and was hoping this would shed some light on my path. I had the fortune of encountering a group of women who, once engaged in Eileen's way of training, offered support, inspiration and encouragement to be true to yourself so that you can be the best possible you. Although my career direction is still a little hazy I am taking every opportunity I get to explore my talents and interests. – Tulasi.



The benefits of WEN far exceeded my expectations. I met eight women who had their own life stories. They were striving not only to get employment or start their own business but also to get direction, identify their talents and elevate their self-esteem. Eileen used her training and experience in coaching and NLP to make the magic of sharing happen. I have the support of these women as we have a time bank arrangement where I give them my time and they will give their time to me. I now have direction and a 10 year career plan which takes me from now until my youngest child is in secondary school. So I'm looking forward to raising my family and working around them, fulfilling my dream. – Melanie.



WEN has inspired me in various ways. Before I joined WEN, my confidence was so low; despite all my efforts to build it up on my own, I never got there. Joining WEN made me realise I can move mountains by trying harder, which I have been doing since after our last meeting. I have made lots of friends and opened up my inner self instead of bottling them up. I have even made a series of job contacts which I know by God's grace will lead to something meaningful happening, if not now but definitely beginning of the new year. Eileen is wonderful. All credit goes to her and the other WEN ladies. - Joyce.



A chance meeting with Eileen from HCMA changed my career profile and my life. I had been out of work for over 4 years having worked in a professional environment. Unfortunately I became ill and had to leave my work place. I joined the WEN course in September 2011, which has been a life-changing experience. I am now a volunteer with HCMA and re-inventing my career with a view to go into training and mentoring. I have already started mentoring another lady from the course, helping her to gain confidence and self-esteem. "You can change your life if you want to, just believe in yourself." Sue.



I knew Eileen previously through another course and felt I needed more support and encouragement to believe in myself. Eileen and the staff from HCMA invited me to join the WEN course which I started in September 2011. I came feeling tense and nervous not knowing what to expect. This course has given me so much confidence, knowledge and information as well as meeting new people. My mentoring has started with Sue. I have now been accepted for a new job. Thank you Eileen and Sue. – Paula.



I joined because I wanted help identifying the right career path for me. The learnings I got from the course helped me in discovering my inner self, my self-belief and helped improve my confidence. The skills I learnt I use as part of my daily life. I have made some really good friends and had a great experience. It's all thanks to Eileen who is a truly amazing person. – Farhana.



Whilst researching Life Coaching courses I came across HCMA and Eileen, who suggested we could meet and subsequently invited me to come to one of the WEN sessions. Meeting with the WEN women was a great positive experience. The session I joined was based upon confidence-building within an interview environment and I was able to share my own experiences with the others. Everyone had their own journey and were at different stages of their working life. What was refreshing was the evident support structure for each person. The project has made a difference to those who are fortunate to be part of it and I look forward to be part of the WEN future. – Gail.

Courses for 2012

HCMA offers a wide variety of courses which are designed to meet the different needs of individuals and organisations. Please find below a sample of the courses we are planning on running this year.

Employment coaching

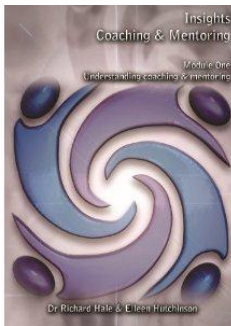
Are you unemployed? Are you looking for a new career direction? We are able to offer Employment and self-employment coaching on a one-to-one basis. If you are interested contact Sue to discuss this opportunity further. This is funded by TCHC and is free to anyone who is unemployed or working less than 16 hours.

ILM Level 5 Certificate/Diploma in Coaching and Mentoring in Management

The ILM Level 5 Certificate/Diploma in Coaching and Mentoring is designed for anyone who has responsibility for coaching and mentoring employees, volunteers, community leaders or promoted personnel to perform to their full potential. Course dates: 3rd and 4th February, 2nd and 3rd March, 7th April. Cost for certificate: £981. Cost for Diploma: £1615.

NLP Practitioner course

The course is aimed at anyone who wishes to develop their skills in the practice of NLP (Neuro Linguistic Programming). If you are a Coach, Mentor, Consultant, Manager, Trainer, Counsellor, or if you work with the general public, then this course will give you the skills and techniques to enhance your current profession. This course is accredited by ILM. The next course will start in March 2012, and will be two days a month for 3 months. Dates for this course: 22nd and 23rd March, 19th and 20th April, 17th and 18th May. Cost: £1500. Contact us for more details.



It is my great pleasure to announce the publication of the first in the Insight series of development workbooks, co-written by Dr Richard Hale and myself and is endorsed by the ILM which is a great accolade. The aim of the book is to support those of you who are a coach, a mentor, a consultant or trainer through the use of a range of practical tools. The workbook is mapped to the Institute of Leadership & Management criteria for coaching and mentoring, giving us access to the international market.

HMCA 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

Company Registration Number: 7369674

Charity Number : 1124361