



SET PALS TO WORK

OUT of work for a year or more? You need a little help from your pals.

A British Psychological Society study found the long-term jobless were more successful at finding work through friends and family than via "authority figures" such as careers advisors.

The BPS has helped set up Skills4Success, in which long-term jobless can encourage each other to return to work.

Course leaver Frances Forteau said: "It gave me so much confidence. Friends noticed the difference and were inspired to go and improve things for themselves."

So far 70 per cent of course graduates have found sustainable employment.

Email Nancy@trainingattention.co.uk for details.