

# Bright

# Light

Bright opportunities for  
London's care leavers



Delivered in partnership by

**catch**  
**22**

The  
Children's  
Society





Do you want help to find  
*your dream role?*

If you're aged 16 to 25 years old, London-based, and have the motivation to succeed, Bright Light can help find you a training, apprenticeship or employment opportunity to launch your career.

The programme, delivered by Catch22 and The Children's Society, includes workshops designed to build confidence, refine your applications and to get you where you want to be.

With Bright Light, you receive full support to find a role and, if you are placed in an apprenticeship, you earn and learn at the same time. We'll also provide you with a career coach for up to 18 months.

# What we offer



**Tailored one-to-one coaching** to help you achieve your goals



**Financial support for travel, clothing and other expenses** related to seeking an apprenticeship and starting work



**Guidance with job applications, CV and skill development**



**Regular appointments** with a career coach



**Access to employment and apprenticeship opportunities** and further training



**Workshops focused on interview techniques** and building self-confidence



**Referrals to services** which address your personal barriers to employment



**12 to 18 months of ongoing support** after starting employment, apprenticeship or training

# How it works

## 1 Getting involved

**Following a referral from your social worker, personal advisor, college or health provider, we set up an appointment with your own career coach.**

They will start off by talking to you about your goals and how we can start your journey with Bright Light. We'll review your existing skills and talk about what areas you would like to develop.

## 2 On the programme

**One-to-one mentorship helps you discover career options and prepare for upcoming interviews.** You can expect personal development workshops, support with creating a tailored CV and ongoing interview practice. We will also help you out with the practical things you need when moving into work, such as training needs, travel assistance, and clothes for your interview.

## 3 Ongoing support

**Both you and your employer receive ongoing support once you are on a programme.** Your career coach will work with you for at least the first year of your new role to make sure you are enjoying it and learning in it.

If you would like to know more about how this programme, please contact [brightlight@catch-22.org.uk](mailto:brightlight@catch-22.org.uk)

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