



Highland Community Based Pre-Vocational Courses

15 Years On Evaluations Comments from former students – September 2007

The Entprising Women course was excellent for me. From it I went on to get a **degree in Social Science through UHI**. Without the confidence I gained from the course I would never have had the degree.

The Opening Door course gave me the confidence to get a job I “wanted” to do and I **am now training to qualify as a nurse**.

I had a three hour interview today and using the techniques Mary taught us was very useful. Within 20 minutes of leaving the job interview, I got the call to say the **job was mine!**

It is only 5 weeks since I completed the course and I can't believe how much my life had changed. **I start my new job in 2 days** and I know that I will be fine.

I thought the course was really useful. **It helped me to organise my life**. I found childcare for my son to go on this course and have now decided to do more studying and feel confident in leaving my son with the childminder.

I have **learned how to communicate** with others and feel comfortable learning new skills.

Gave me the **confidence to apply for an OU degree course**, the belief that I could to the course and the courage to keep at it even when I thought I was doing badly!

Putting my son into childcare **showed me what it would be like to work** and be away from him. I got so much information it really helped me.

The course brought me back to life and **gave me back self esteem** and confidence I wish I'd had a school.

To be valued as more than a mother, wife or partner is a boost. Through the courses, meetings etc a **whole new network of possibilities** are found and after a wee while there is no stopping you! The childcare and travel expenses are also a good help.

It gave me the encouragement to **“get up and go”**. In 2000 I became self employed – have been ever since.

The course gave me the **confidence to go to interviews** after many years of having children and staying at home to bring them up.

It gave me some **confidence when I was at a “low”** point in my life.