



hope inspired cic



Funded by:

POhWER
Voices Heard - Lives Empowered

Hodge Hill
Neighbourhood Network
Scheme (NNS)



**EMPOWERING WOMEN TO DEVELOP
A COMPELLING VISION FOR THEIR FUTURE AND
IDENTIFY HOW THEY WANT TO MOVE FORWARD WITH THEIR GOALS**






THE INSPIRED PATH

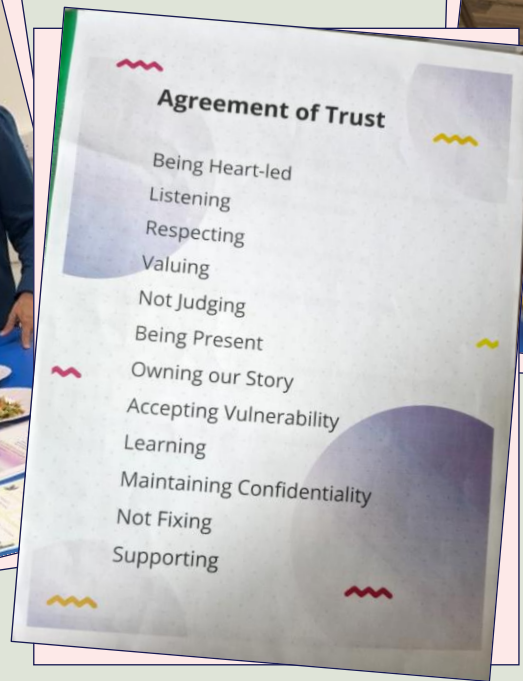
Delivered by
HOPE INSPIRED CIC

Participants were:

- **Introduced to activities that support mental and physical wellness**
 - **Supported to identify their strengths and adopt a 'CAN DO' approach**
 - **Encouraged to buddy up so they continue engaging with and supporting each other beyond the life of the programme**
- 
-

SETTING THE SCENE FOR OUR JOURNEY TOGETHER!

Salads, Smoothies and Self-care





“

I STARTED TO CARE ABOUT
MYSELF MORE.
I FEEL SPECIAL.

”

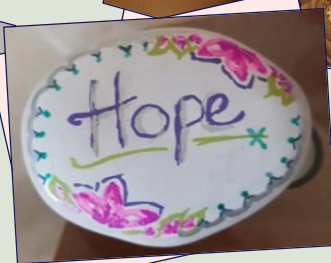


QUOTE FROM THE INDEPENDENT IMPACT REPORT FOR THE INSPIRED PATH PROGRAMME
BY GO-WOMAN! ALLIANCE CIC



IDENTIFYING PERSONAL STRATEGIES FOR MENTAL WELLNESS

A Sense of Calm





“

I LEARNED THAT ART IS NOT JUST ABOUT DRAWING PICTURES AND PUTTING THE COLOURS IN, ART MAKES YOU EXPRESS YOUR INNER FEELINGS... TELLING YOUR STORY IN NON-VERBAL LANGUAGE



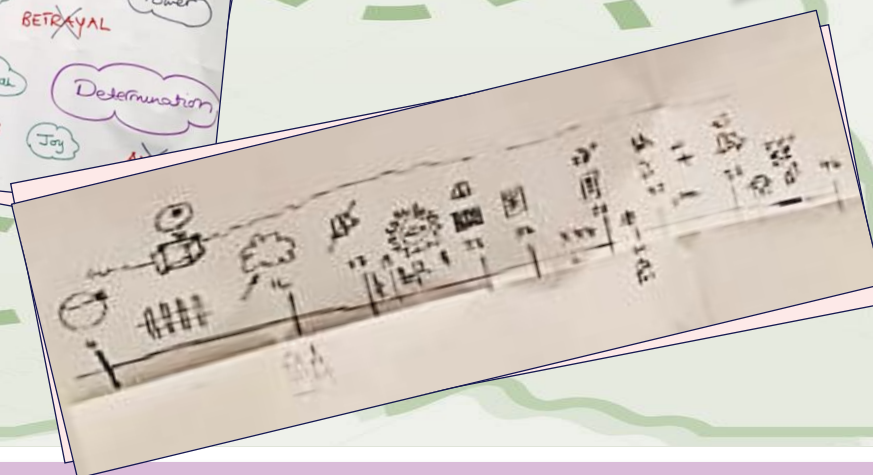
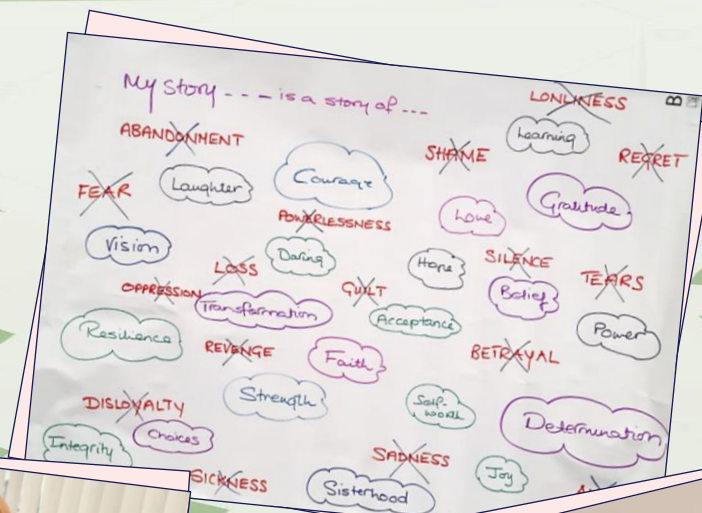
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PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME



TRACING OUR PERSONAL JOURNEYS THROUGH LIFE MAPS AND IDENTIFYING STRENGTHS TO BUILD RESILIENCE

Me, Myself & I





“

COHERENT, CLEAR,
NOT OVERWHELMING,
PACED REALLY WELL

”



QUOTE FROM THE INDEPENDENT IMPACT REPORT FOR THE INSPIRED PATH PROGRAMME
BY GO-WOMAN! ALLIANCE CIC



MENTAL WELLNESS THROUGH GARDENING

Let's Grow!





“

I LOVED HOW I COULD CREATE THINGS
THAT REFLECTED ME
AND MY PAST AND MY FUTURE,
LIKE THE INSPIRATION TREE

”

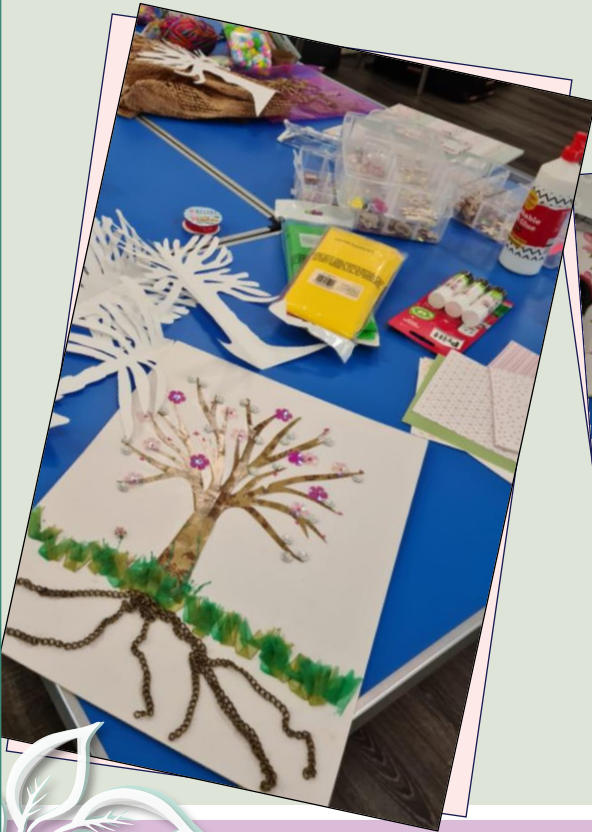


PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME



CAPTURING THE REFLECTIONS AND INSIGHTS FROM OUR LIFE MAPS

The Inspiration Tree





“

MY EXPECTATION WAS TO GET ME OUT MY COMFORT ZONE... THE PROGRAMME MET MY EXPECTATIONS AND MORE. EACH SESSION HAD ITS OWN PERSONAL TOUCH.

”



QUOTE FROM THE INDEPENDENT IMPACT REPORT FOR THE INSPIRED PATH PROGRAMME
BY GO-WOMAN! ALLIANCE CIC



RECONNECTING WITH NATURE IN AN ACCESSIBLE LEARNING ENVIRONMENT

Visit to Fircroft College





“

IT IS WELL THOUGHT OUT,
VERY INCLUSIVE,
WE ARE A VERY DIVERSE GROUP.

”



QUOTE FROM THE INDEPENDENT IMPACT REPORT FOR THE INSPIRED PATH PROGRAMME
BY GO-WOMAN! ALLIANCE CIC



IDENTIFYING WAYS TO MAXIMISE INCOME

Money Matters



 **birmingham settlement**
training & learning

Financial
Capability
Atia Parveen
13/07/2022



“

**IF I COULD CHANGE ANYTHING,
I WOULD MAKE IT
TWO DAYS A WEEK
INSTEAD OF ONE**

”



PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME



A TRIP TO MOSELY PARK TO CALM OUR MINDS

The Secret Garden





“

I AM FEELING HAPPY AS MY MIND FEELS FRESH
AND I LEARNT A LOT
ABOUT HOW I CAN MAKE CHANGES
FOR A BETTER ME



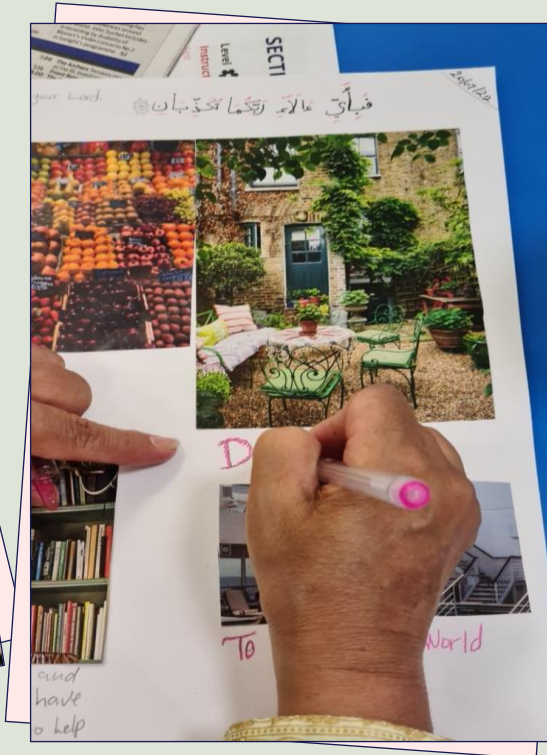
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PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME



CREATING A HOLISTIC VISION FOR THE FUTURE AND CAPTURING IT ON VISION BOARDS

Goal Setting With a Difference





“

I FOUND THE 1 TO 1 COACHING SESSIONS
AND THE VISION BOARD SESSION
HELPED ME FIND CLARITY TO FOCUS ON MYSELF
AND WHAT I WANT FOR MY FUTURE.
THE INSPIRED PATH HAD A HUGE IMPACT ON ME.



”

PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME



The Celebration





“

IT'S BEEN LIFE CHANGING!

”



PARTICIPANT FEEDBACK FROM THE INSPIRED PATH PROGRAMME





100% participants rated the lead facilitator as excellent

80% participants said they were more confident

90% said they had gained more knowledge

100 % said they would recommend the programme to others

100% said they had made new friends



**STATS FROM THE INDEPENDENT IMPACT REPORT FOR THE INSPIRED PATH PROGRAMME
BY GO-WOMAN! ALLIANCE CIC
FULL REPORT AVAILABLE ON REQUEST**

