

Case Study



Morgan

Morgan is 33, he is educated to degree level. Morgan has never been in a paid job but has volunteered for various local organisations including CAB. Morgan accessed Connecting Choices to gain our support in improving his mental well-being and help in getting him on the right career path. When I first met Morgan, he had no confidence, his depression and anxiety was affecting his mental wellbeing and being in most social situations. Morgan did struggle with his decision-making abilities, he was constantly asking me what decisions he should make for the best and lacked self-awareness of his own capabilities.

I have spent time with Morgan 1:1 offering encouragement and support to increase his motivation and confidence and work on his decision-making skills. Morgan has utilised specialist provider support, he has undertaken strategy coaching sessions, positive assessment and ‘Employable Genius’ with Genius Within. Morgan also joined the Social Hub for a period of time whilst on programme. This was to try to help him not let his anxiety hold him back and to be able to enter into conversations with new people and begin to build positive relationships in preparation for any future learning and the workplace.

When I met Morgan, he was already volunteering with Citizens Advice Bureau, more recently he has undertaken mentoring/training to develop in his role as a volunteer here, to be able to give advice, information and support around benefit issues to service users. We have talked about career ideas and future plans and researched various careers including options available in education in depth. When I started supporting Morgan, he was part way through a distance learning course via SOT college but his mental well-being at the time stopped him from achieving this particular qualification. In March this year he applied to and enrolled on an AET course at Stoke on Trent College, after only attending one lesson we went into a national lockdown due to COVID 19, at first Morgan did find this difficult trying to complete his qualification from

home without peer and tutor support in the classroom but he stuck with it and achieved his Level 3 AET qualification in October 2020. Morgan has applied to enrol on the next level, and he is hoping in the New Year to be able to undertake a CET course. Morgan has a clearer idea of what career it is he wants to do, and he is more able to research and implement steps to move closer to his career aims.

Connecting choices has enabled Morgan to build a support network, he has people in his life that can help him achieve his personal and professional goals. Morgan’s confidence has increased but he knows his long-term depression and anxiety still impacts on his confidence and his mental well-being, he has and will continue to seek professional help with this through CBT sessions, recent assessment scores show that he is making progress. Morgan has improved his employability skills including CV development, job application forms and he is more than able to prepare for a job interview, he recently applied for and was interviewed for a Co-Opted Governors Post but on this occasion was unsuccessful. Morgan will use the positive feedback to prepare for any future interviews. Morgan is hoping in the New Year to secure a work placement in a school, having moved from inactive to into job search, he will continue his journey being supported by Aspire to Work and IPES Shaw Trust.