There’s no such thing as a job for life.

Three years ago I was faced with a very difficult position. Was I to stay in a job that I’d on the whole loved for 19 years or should I leave? My role had recently changed beyond recognition and though there was an alternative role it was missing one key part, the part I loved the most I….. people!.

It made be very anxious, though my children were grown up and had left home I had been a single parent, still had a mortgage and job security was very important to me. I felt like I was stood on the edge of a cliff contemplating free falling off the edge. I was so stressed and anxious, I wasn’t sleeping. I couldn’t think straight. I seemed to have changed from a competent people manager, a fantastic multi tasker, with a wide circle of friends, to this different person who found that If I was going into Bury the prospect of calling into the Job Centre AND doing shopping in one trip was too much in a day. I had so many friends where I worked – as you would after so many years with the same employer the prospect of not seeing them every day was worrying, it was all really scary.

The HY2W course was available at just the right time. I was exploring retraining options with the National Careers Service and I happened to call into Bury Adult Learning Service and was informed of the HY2W course. I felt so lost, so unsure what to do, so alone. It couldn’t have been offered at a better time. Of course each delegate was there for a different reason but we were all in need of a wee bit of support.

There was a fair amount of the material that was familiar to me but actually there’s a lot to be said for revisiting material.  You don’t put everything into practise, e.g. the work on stress and anxiety, I’d covered that sort of thing in work but actually perhaps because I wasn’t THAT stressed at the time I hadn’t since applied it to my life. There was new material in the HY2W course too, for example the dementia modules were really useful and gave me tips on how to deal with an elderly neighbour who had dementia.

The most useful day, was the day we looked at confidence and self-esteem. It was delivered by chance on the day I went into my employers to ‘*jump off the cliff and free fall*”.  I went into the meeting feeling confident, using the techniques I had learnt on the course that day.   I left my job which was my choice and started on a new career, working part- time in an administration role whilst retraining to teach. I don’t see those friends every day now but we are still in contact and I’ve met a whole bunch of new people. I regularly see one of the delegates from the very same HY2W course, she was completing an access course at Bury college with a view to getting her degree. We are all just people coping with life’s big events and trying to get on with it.

Three years on I am so very grateful. I think it’s exciting, there’s always lots of options.  What’s great is that there are people out there willing to lend support when you need help, a bit of grounding, space to think, prioritise get direction etc.. I’d definitely recommend the HY2W course.