



# MY SISTERS' HOUSE THE THRIVE PROGRAMME



FREE for any self-identifying women in Arun & Chichester.

Are you considering returning to employment or education?  
Or seeking a pathway to volunteering or a career change?

We provide help with:

- Building confidence
- Creating CVs & interview skills
- Writing cover letters
- Job applications
- Assertiveness in the workplace
- Access to courses

"I found my confidence & I'm now at Uni, studying for a total career change, & I am changing my life goals & dreams"

- Thrive Client



scan me

Charity Number: CIO 1188070

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