

## Lara's Story

"My Building Better Opportunities Mentor was brilliant, she helped me to find the confidence I had lost when I became a mum. She worked with me closely to find out what I could do as a career, something I would enjoy, that would allow me to still have time for family and home life."

"Without my Mentor's tremendous support and the Building Better Opportunities project I wouldn't be where I am today. I am thankful to have received her encouragement and guidance in my journey."

"I am now working part-time, volunteering and training in health and fitness roles, with improved circumstances and self belief."

Lara worked with her Mentor to identify that exercise had helped her to get through difficult times in life and they decided to look into careers in fitness. Lara attended the free yoga and fitness activities through the Building Better Opportunities project and found these inclusive spaces improved her wellbeing whilst being mentored.

Lara and her Mentor continued to work together and found a local part-time college with suitable fitness instructor courses, which would fit around Lara's other responsibilities. This is where Lara's career as a fitness instructor started, as she persevered and completed her Level 2 Active IQ. The learning experience provided a new sense of confidence for Lara and she is currently completing a level 3 Personal Training qualification. Her Mentor arranged for Lara to also volunteer with a local Trust where she helps inactive people with getting into fitness, which she found very rewarding and worthwhile. The experience enabled Lara to find a career that allows her to feel good and is flexible enough to allow time for being a mum.

Building Better Opportunities is jointly funded by ESF and The National Lottery Community Fund. It brings together public, private and voluntary organisations to create one of the biggest partnerships in the county and is managed by Hertfordshire County Council.

To be eligible for the BBO project you must have the right to work in the UK and not be in any sort of paid employment.

Email [BBO@hertfordshire.gov.uk](mailto:BBO@hertfordshire.gov.uk) or call 01992 556 183 for more information or to self-refer.

