

On Track

Starting May 2023

ARE YOU

16-24 years old?

Unemployed?
Not in education,
training or
volunteering?

Want to increase
your confidence
and self-esteem?

Do you live in
Norwich or directly
surrounding areas?

On Track could help you

On Track is a free service that supports 16-24 year olds to move closer to or get into education, training, employment or volunteering.



[Ontrack/matthewproject](https://ontrack/matthewproject)



contact@ontracknorfolk.org
(Mention Norwich Coaching Support in
your subject heading)

THE
MATTHEW
PROJECT

Finding hope together



Support



Coaching

Confidential, friendly, one to one support from a coach who understands your challenges and can help you to set and reach goals.



Move on

Help to find the opportunities and training that are right for you. Job search, CV and covering letter development.



Participation

Small group work to increase your confidence and self-esteem.



Coach Meg

"Hi! My name is Meg and I'm one of the On Track coaches. I'm passionate about music and love nature. I have experienced a lot within my personal life as well as being a former participant myself. I believe that anyone is capable of anything they put mind to no matter their background or past."

What young people say about On Track...



MESSAGES

now

The most positive thing about On Track is how they help anyone from any background, you look at the person rather than what has happened to the person.



MESSAGES

now

This programme has been really helpful to me with dealing with my emotions and learning new ways to cope. It's also made me more confident and I have a lot less anxiety about going out, spending time with people and I am able to be myself.



MESSAGES

now

On Track has made a huge difference, how confident I am now in comparison to how I was. It is a huge leap. I now know which direction I want to go now.



@OnTrackNorfolk