



LIVERPOOL 
NEIGHBOURHOOD
CONNECTIONS

EDUCATION
EMPOWERMENT
EMPLOYMENT



Imagine a world where disadvantaged women get to rewrite their stories because they were given the opportunity to participate in LNC's Triple E project - Education, Empowerment and Employment.

The Triple E project is based on providing TAFE courses throughout the year at Liverpool Neighbourhood Connections with free childcare for the women attending these courses in hospitality and retail and the women will receive a recognised qualification.

Disadvantaged women will attend these courses and some of these women will then be provided with the opportunity to go onto paid employment at one of our seven social enterprises for three months. During this time they are also provided with one on one weekly mentoring in resume writing, interview techniques, and job selection, building self-confidence and reinforcing their worth. The other TAFE participants will also be provided with work experience in each social enterprise.

At the completion of the paid employment period, they will be provided with money to purchase an outfit for interviews, an opal card for transport to interviews and access to a mentor before and after any job interviews.

Our aim with this project is to educate and empower these women to give them a solid platform to permanent work outside the supportive arms of LNC.

As these women leave the social enterprises, the next cohort of women take their place and so the circle of Education, Empowerment and Employment continues.

And that's how we at LNC build a strong and inclusive community, one woman at a time.



A Life Transformed

Nicole, a graduate of the Triple E Project, describes the impact this project had on her life and the transformative effect Education, Empowerment and Employment can make to a woman's life.

The Triple E Project literally saved my life. I had always suffered from depression and anxiety as a result of childhood trauma.

By the time I was in my mid twenties, my self-confidence was so low that I could not leave my house, I quit my job and basically lost everything. During this very dark period I lost the will to live and had episodes of self-harm. I even put newspaper up on my windows to keep the room dark, so I didn't have to look out at the world or have the world see me.

My mum met Pat Hall and the two of them convinced me to come to the centre and this is where the change started.

I undertook a seven week TAFE floristry course and when my anxiety got the better of me I would go into Pat's office and cry but I'd come back out and try again. No one knew how hard this was for me but the women in the course and the teacher were so supportive.

Once I completed this I was convinced to do a hospitality short course and I made a real connection with the TAFE teacher who then convinced me I could do an external TAFE course. At the same time I completed an online nail course and was able to take part in the business incubator course that was being run at the centre.

So where am I now? I'm on fire! My whole life has changed completely. I was nurtured and supported as I learnt and got stronger mentally.

The staff at LNC and the TAFE teachers believed in me and didn't give up on me.

I finally found my courage and belief in myself.

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So what did the Triple E project do for me?

- I have a diploma in hospitality
- I manage the LNC canteen at the local school
- I am a support worker for the Wildflower Hair Accessory social enterprise where I get to help other young women
- I work 25 hours per week for LNC
- I run my own nail business
- I am in a wonderful relationship

The small investment by LNC of \$1000 for me to attend TAFE has taken me off welfare benefits, given me financial, social and emotional security. My mental health has improved substantially and to top it off, my mum's a lot happier!

Education, Empowerment and Employment all done in a kind and supportive environment saved me and can save lots more women like me.



Pat Hall, LNC's CEO, passionately believes in the power of the Triple E project because she's been doing it for the last 9 years.

'This project means so much to me because my story is not much different to the women who come into our centre.

Like them, my life has been very hard and I have faced many challenges but I had strong women supporting and encouraging me to keep going, who encouraged me to get an education and who wouldn't let me give up. Their support truly saved my life and for the last 30 years at LNC it has been my mission to give back. For the last nine years we have run the Triple E project in a limited way because of funding constraints.

We know the project works because we see every day the impact that access to education and employment has on these women and their families. We just need more of it!

With your help we can educate more women, employ more women and empower more women. We can move women from the security of employment in our social enterprises to being secure enough in themselves to seek outside employment. Then, their space in the enterprise is filled, and the circle of impact continues'.

HOW CAN YOU MAKE A DIFFERENCE IN A DISADVANTAGED WOMAN'S LIFE?

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