

# Fit For Work Program

The Program works with local employment agencies to identify young jobseekers (aged between 15 and 25 years) who have complex barriers to entering employment, training and/or education, and need additional supports to enter the workforce.

A Youth Coach works intensively with participants for 6 to 12 months to address health and wellbeing issues, build relationships and social connections and participate in soft employment skills training.

The Program aims to support participants to rebuild their health, confidence and lost social capital, providing them with increased opportunity to break the cycle of welfare dependency.

Utilising an evidence-based assessment tool, participants will be assessed and assisted to address a range of life issues that may be impacting on their capacity to become work ready and access training, education and/or employment. These life issues may include:

- Motivation and taking responsibility
- Self-care and living skills
- Managing money
- Social networks and relationships
- Drug and alcohol misuse
- Physical health
- Emotional and mental health
- Meaningful use of time
- Managing tenancy and accommodation
- Offending and other legal issues

The Program will also provide training and workshops in a range of employment skills such as employer expectations, resume development, application preparation and interview skills.

For those participants securing employment during their participation in the project, up to 3 months post placement support can also be provided by the Youth Coach.

Fit For Work operates on the North West from Latrobe to Wynyard (including the Kentish LGA) and in the Great Launceston Region.

Throughout the Program, the Fit For Work Youth Coach will communicate regularly with employment agencies to ensure we maximise outcomes for their participating clients.

This Program aims to support the work undertaken by employment agencies in getting their job seeker clients work ready to enable them to secure sustainable employment.

**For further information on the Program call (03) 6423 6635  
or email [reception@yfcc.com.au](mailto:reception@yfcc.com.au)**

The Fit For Work Program is an initiative of Youth, Family and Community Connections Inc., supported on The NW Coast by the Tasmanian Government through the Department of State Growth and in Launceston through the Australian Government Department of Social Services