When I first found Work It Out, the confidence and employment support service run by Young Women’s Trust, I remember feeling taken aback. I thought it was incredible that there was a service out there for women who are just down on their luck, and the fact that it was free, well I was so grateful for that.

I was recently fired from an incredibly unhealthy work environment, it was my first ‘graduate’ job and I felt like a complete failure. The experience completely shot my confidence to pieces, and I really wasn’t too sure how to pick myself back up. Work It Out was ideal because I could do it from the safety of my own home; which at that time was where I felt best.

I was matched with a coach called Yasmin who was incredible, I truly felt that I could open up to her which is so bizarre considering I never actually met her. But Yasmin was fantastic, she made me feel really special and renewed a lot of faith that I lost in myself.

I received six free coaching sessions with Yasmin, which honestly, while I was sad when they ended, I believe it was a fair amount. For me it was working through my negative experiences, getting out the other end and still remembering to smile. It was difficult, but for the best.

Yasmin and I went through the basics of interviewing, the questions I can ask that will calm my overactive mind, how to put the power back in my hands, how to present myself the way I want to be perceived and not losing the person I believe I am in the process; the latter was a big problem for me. In six sessions (so just six hours) I found an interview style that works for me and got myself out of my career slump.

Yasmin helped me approach career situations with a level of confidence and maturity. Before I was either timid or over-the-top, and she showed me how to come across as a professional but still keep my personality; which was always one of my worries.

The coaching gave me more than my self-esteem back, it reminded me of my own value as an individual.

During my time using Work It Out I became re-inspired. I completely changed my attitude to work. Since using the service, I now have a full time job working in social media, I pride myself on my adult attitude, and I finally feel like I can take on a career.

A huge thank you to all our supporters for helping young women like Ella.
At our Young Women’s Trust Awards on the 26th February we celebrated all the amazing young women we meet through our work who overcome challenges every day to find and stay in work.

Sponsored by companies who wanted to recognise and support young women, our awards raised an incredible amount to help our work and showed how amazing young women can be.

Our winners are five remarkable young women, who have each overcome obstacles in their lives and are now an inspiration to millions of other young women.

**THE APPRENTICESHIP AWARD**
For a young woman who has achieved a lot, either personally or professionally, in her apprenticeship.

**Winner:** Georgie Yates
Georgie has made an outstanding contribution to the BBC during her legal apprenticeship, using her energy and passion to succeed in her role and to support others. After struggling to live on the apprentice wages Georgie made a presentation to the Director General of the BBC who then went on to increase the wages for all BBC apprentices. Since starting as a Level 3 apprentice she is now working as a Level 7 apprentice and hopes to become a qualified solicitor in the next few years.

**THE INFLUENCER AWARD**
For a young woman who speaks out for other young women based on her own lived experiences.

**Winner:** Priscilla Casey
Priscilla has an undeniable strength and her own experiences of unemployment and homelessness have made her more determined to positively influence others. After becoming homeless Priscilla got in touch with our Work It Out service. Her coach helped her realise she has the skills to succeed and gave her the confidence to apply for a traineeship at Young Women’s Trust. She went on to build her own bakery business from scratch and volunteers to support other young women.

**THE TRAILBLAZER AWARD**
For a young woman who has achieved a lot, either personally or professionally in a male-dominated industry.

**Winner:** Tara O’Reilly
Tara has achieved an incredible amount in two male-dominated industries; law and politics and she uses her experiences and perseverance to support others around her. After being made homeless three times she taught herself A-Levels, while working full time in a food truck. She is now studying for a Law degree while also working full time in Parliament and volunteering to help other women from disadvantaged backgrounds.
THE EVERYDAY SHERO AWARD
For a young woman who is an inspiration every day.

**Winner: Tayah Turay**

Despite the challenges she has faced in her life, Tayah’s strength and resilience has made her a true SHERO in the eyes of everyone who knows her. At 18, Tayah became a young mum and suffered severe depression after receiving judgement from others. She then went on to become a carer for her siblings after her mum became ill, as well as caring for her own child. She found Young Women’s Trust and through our Work It Out service now has the confidence and strength to go after her dreams of becoming a full time police officer.

WINNING THE AWARD IS A HUGE CONFIDENCE BOOST FOR ME. I SHARED MY STORY INCLUDING THE MOST DIFFICULT TIMES IN MY LIFE AND I HAVE BEEN RECOGNISED AND AWARDED FOR MY STRENGTHS. THE AWARD IS SOMETHING THAT I WILL ALWAYS BE PROUD OF AND WILL MOTIVATE ME TO BELIEVE IN MYSELF BECAUSE I CAN DO IT!

Tayah Turay

THE INSPIRATION AWARD
For a young woman who has overcome obstacles and has become an inspiration for others.

**Winner: Mattea Sykes**

Despite obstacles in her life every day, Mattea dedicates her time and energy to helping and inspiring others. Growing up she was a young carer for her mum as well as experiencing numerous chronic illnesses herself. She missed out on secondary school and had to drop out of college because of this. Despite all of this she is dedicated to volunteering with young people, helping them through tough times and to feel confident about their futures.
THANK YOU!

A huge thank you to all our fundraisers over the past year. More of you than ever took part in half marathons, hosted events or set yourselves personal challenges. You are a vital part of what we do. Thank you.

ROYAL PARKS HALF MARATHON

Join us for this year’s Royal Parks Half Marathon

The Royal Parks Foundation Half Marathon is one of the most scenic city runs in the world. The beautiful 13.1-mile autumnal route takes you through four of London’s magnificent Royal Parks and past some of the capital’s most iconic landmarks. The event takes place on Sunday 13th October, starting at Hyde Park in London. Entry fee is £5 and the fundraising target is £350. Please email rebecca.richards@youngwomenstrust.org or visit www.youngwomenstrust.org/royal-parks-half-2019 to apply.

YES, I’D LIKE TO GIVE A GIFT TO HELP YOUNG WOMEN BUILD CONFIDENCE AND FIND WORK.

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☐ Debit/Credit/CAF card. Amount: £________
Card number

Start date _____________________ Expiry date _____________________ Security code _____________________ Switch issue number _____________________

Signature: ________________ Date: __________

☐ Send me info about leaving a gift in my will.

Let’s keep in touch! If you like, we’ll send you regular updates about the young women you’re helping, as well as information about campaigns, events and fundraising appeals. You can update your preferences at any time by visiting www.youngwomenstrust.org/updatecontactdetails. To find out how we store and use your data, read our privacy policy: www.youngwomenstrust.org/fundraising-privacy-notice If you opt out of all communications from us, you won’t hear from us again.

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THANK YOU, YOU’RE CREATING A FAIRER SOCIETY FOR YOUNG WOMEN.

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