I’d been in and out of low paid jobs and I really wasn’t happy. I was so worried about money. One manager I had was a bit of a bully. After that, I was really discouraged and I felt fearful going into work again. Job hunting was horrible. I was competing with people who had loads of experience.

I did really like school but I had dyslexia which I was unaware of at the time. That made it hard. I suffered with anxiety a lot and low confidence so I didn’t do as well as I would have liked to.

You know how difficult it is going out of your comfort zone? I needed help with that. Low confidence had made me reluctant to push myself to find a job. That’s why I decided to go for coaching.

I had my first conversation with my coach, Nicky, over text because I felt more comfortable. Then it eased me in to having coaching sessions over the phone. The main problem was that I didn’t really believe in myself, so Nicky introduced me to a more positive way of thinking.

She’d ask me, “if you’re feeling happy, how do you behave? What does ‘happy’ look like for you?” She made me recognise my behaviour so I could repeat it and figure out what makes me feel positive.

One technique she taught me was visualisation. I started to imagine myself in certain situations and think about how I could stay positive. She helped me to remember what I’ve achieved so far, and think about my future.

One visualisation idea Nicky suggested was to make a ‘vision board’. You put up pictures or phrases on it of what you’ve achieved or want to achieve and put it somewhere you can see every day. Mine’s up in my bedroom. The more you see something the more likely you are to go for it and achieve it.
I’ve put the top five things I’m proud of on there to remind me to believe in myself:

1. **Coming Out of My Comfort Zone and Showing Courage**
2. **Really Growing in Confidence Professionally and Personally**
4. **More Confidence in My Ability**
5. **A Clearer Idea of a Career Path and What’s Possible for Me.**

Nicky helped me build resilience so that, when I faced challenging moments, I knew I could cope. Believing that I could deal with difficult situations made it easier for me to be bold and go out and try and find work.

Now I have a job so I’ve got fewer worries. Work is never going to be perfect every day – there are days when you get stressed and you have to deal with loads of problems – but that’s fine. I feel like I can deal with that now. Instead of Nicky telling me, ‘you should do this, you should do that’, she listened and helped me work out what’s best for me. That’s really helped me to learn how to rely on myself and solve my own problems.

I have a much better life now. I’m working with really nice colleagues as a receptionist and I’ve got a clearer career path. I believe in myself a lot more than I did. I’ve got more confidence and focus. I’m just a lot happier. I’m back at college so I’m improving my education. That’s really important to me. I want to retake my English GCSE because I know I can do better.

I’m also a singer and I’ve started doing open mic nights. If I can get myself known I might even consider making money out of it on the side. Everything feels more achievable now I’ve got a positive way of thinking. Who knows what will happen in the future, you’ve just got to go out and try it and if nothing happens – well at least you tried.

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**Mayor of London**

@MayorofLondon

2018 marks 100 years since the first British women won the right to vote - but true gender equality is still a long way off. @YWTrust does incredible work helping young girls from poorer backgrounds to get on in life and reach their potential.

#BehindEveryGreatCity

#HowFar100

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**Kay’s story continued**

You’re helping young women to get their voices heard. It’s thanks to your support that we can keep the issues young women face in the public eye. Your gifts help fund the research behind the headlines.

**Thank you!**
Dare you!
Feel like going on an adventure? You’ve got the opportunity to do something daring and make the world a more equal place for young women. Whether you want to hike the Great Wall of China or summit Snowdon on the Three Peaks Challenge, you’ll find plenty of exciting activities on our website. Visit www.youngwomenstrust.org/challenge or email lily.kendall@youngwomenstrust.org for more info.

Help a young woman near you
You can play a vital role in helping young women in your community to find our service. Can you spare just a few moments to put up a poster in your local post office or corner shop? Maybe you could drop some leaflets into your local college? Email lily.kendall@youngwomenstrust.org or call 020 7600 7451 to get involved.

Start a FAB Club
Start your own Female Author Book Club (or FAB Club for short!). Read a book by a female author, then gather your book group together to discuss it. Ask for donations to Young Women’s Trust in exchange for hosting or as a membership fee. You can send cheques in the post to Young Women’s Trust, 7-8 Newbury Street, London EC1A 7HU. For more fundraising ideas, visit www.youngwomenstrust.org/fundraise

Shop online, give for free!
With Give As You Live, you can raise money for young women by shopping online. Loads of your favourite brands are signed up, from Sainsbury’s to John Lewis. All you need to do is sign up on the Give As You Live website. Then, whenever you buy online, you’ll be raising money for young women – at no extra cost to you! Visit www.giveasyoulive.com/join/youngwomenstrust
WHAT DO YOUNG WOMEN HOPE FOR IN 2018?

You care about making young women’s voices heard. You give them the skills they need to speak up and make the world listen.

We take listening to young women very seriously. Those pictured here are all part of our Advisory Panel, a group of 30 young women with experience of living on low or no pay. They take part in workshops, discussions and training and have the opportunity to appear in the press, meet politicians and speak at events.

Thank you for helping them to speak up and make change happen.

“Better mental health provision for young women.”

“Increase the living wage and extend it to under 25s on an obligatory level.”

YES, I’D LIKE TO GIVE A GIFT TO HELP MORE DISADVANTAGED YOUNG WOMEN BUILD THEIR CONFIDENCE AND FIND A JOB

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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/privacy_policy

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