



# Free one-to-one coaching, mentoring and support to help shape the working future you want

Pinnacle Group manages 49,000 service family homes on behalf of the MOD, but we're now also offering **FREE** career mentoring and support to military families, veterans and communities.



**Are you struggling to balance work and childcare?**

**Find it hard to balance your career with your personal life?**

Join our **Lone Parents** programme and work with our mentors to plan your working life around the responsibilities of bringing up children by yourself.

## Topics covered

- Increase confidence in self, skills and abilities.
- Explore barriers to work and work towards solutions.
- Identify current and future work aspirations.
- Improve understanding of career, employment, and training options
- Develop a Personal Action Plan to achieve new goals.

## Comprises

- One-to-one mentor driven sessions
- Delivered remotely via Microsoft Teams

## Eligibility

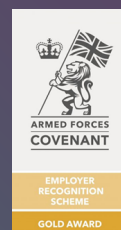
- Individuals 18 years of age or more

## Contact

For more information contact  
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Working with



Defence Infrastructure Organisation

