[Music]

What I really like most about my supported internship is that over the months I have developed new skills and Behaviours and qualities e.g. professionalism, I've become more confident in talking to people and have made new friends and met new people.

So what I like about the support internships is that if I need any help or someone to talk to I know that I can speak to my colleagues my manager but also my Shaw Trust job coach. If I’m unsure about anything or have a problem I can always speak to them and they're like either a phone call or an email.

So I like, what I like about it is that we get to kind of get a feel for what it's like in a working environment and just I think it helps us prepare for when we get a job in the future.

I was kind of nervous, I don't know other people there. After when I became, I became confident I can speak louder to everyone.

Well part of me felt that TFL. I wouldn't get on to TFL because it's a competitive job. I felt that I would do my mum and Dad proud and my friends proud, my whole family proud. So I knew that I would be so lucky to get onto the Steps Into Work programme from Shaw Trust.

There's always that little inkling worry that you're not going to be as good as you thought, but I know that you know when I'm looking for a job I am going to have support from Pat and Ian and everyone that I've met from Shaw Trust.

I think it's because I haven't had many human interactions outside of my family for a long time so I think that's where my lack of confidence kinds of stems from. But now that we’ve gone from just my family People who don’t know me, I feel like I’m starting to gain a little bit more confidence in the way that I am speaking, how I’m pronouncing my words and such.

I got very nervous like walking by myself because I get scared of like getting lost in like, going to work. Now I have help with someone beside me and like showing me how to get to work and like I now know how to get to work and that makes me feel good that I’m going to work by myself.

I am starting use my own initiative. From time to time, last year I wouldn’t have thought for myself I would just follow somebody's instructions or something like that. But now I think things through and I think it again and if I think it's the right decision I would go for it, if I don’t, I don't go for it.

We have a good banter and we really work well together it's like a, like a family away from family really. I feel confident in my speaking out for myself. I say hi to everyone. I feel proud of myself, yeah.

Just to be out in public because while I was in college I was only in three days a week and most of the time I wasn’t like gaining like as much confidence I was more to be brutally honest to myself I was a bit more lazy and all that but you know, at Shaw Trust working Monday to Friday I feel more energy and I feel like I'm getting more work as well.

It gives me a good sense of Health as well because it's making me more active than I was before throughout the years. If anything you know just go for, it don't live in regret. If you need any help ask colleagues ask your managers or your support coaches they'll be able to help you out. The best thing to do is always ask for help Don’t live in regret.

Being at Shaw Trust they welcome you with open arms to help you out and make some new friends as well as get to know people as well here as well. Every time I get up I it feels like renewal, and something good that happened, always feeling positive.

and all that as well. If someone asked me, should I go to Shaw Trust or shouldn’t I? I’d say definitely, they will help you find a placement and if you enjoy it, then good

I would say you should do it, absolutely do it.

[Music]