

Ascent Programme for Women

Want to take the **next step**
in **your career**?



Chwarae Teg
 **Agile Nation**



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What's it all about?

The Ascent Programme is a complete programme of training and support that has been developed to help you learn key team leading and management skills, gain a recognised qualification, explore your opportunities for development in the workplace and build your confidence to take the next step in your career.

Ascent offers a range of personal benefits including:

- Gaining a recognised Institute of Leadership and Management qualification
- Tailored 1to1 support, advice and guidance
- Mentoring sessions and networking opportunities
- The opportunity to undertake further study modules
- Invitations to free events
- Opportunity to apply for a training allowance
- Access to Agile Nation 24/7 - an online career development resource

As the project is funded by the European Social Fund and the Welsh Assembly Government the Ascent Programme is offered **free of charge**.

Are you ready for Ascent?

The Ascent Programme is ideal for women who want to:

- Recognise their skills and learn how to maximise them
- Gain a recognised qualification
- Move from team member to team leader
- Improve their team leading and management skills
- Gain the confidence to take the next step in their career
- Create a better worklife balance
- Find out what's stopping you and go for it!



"I'm really glad I did the course because it gave me the confidence to apply for a new role and made me feel comfortable about approaching new challenges in and out of work."

Lauren Hayes, from Abercarn

First things first

As soon as you tell us you'd like to undertake the Ascent programme, we check your eligibility for the programme. (Details of this are given on page 11)

Then we arrange a meeting with you and one of our team, this takes place in a relaxed private setting where we will:

- Explain to you all aspects of the Ascent Programme and what you can expect of us
- Check the Ascent programme is right for you
- Check you understand what's expected of you to successfully complete the training programme
- Find out what you are looking to achieve in your career and how we can help support you
- Give you the opportunity to ask any questions you have about Ascent
- Ensure you are totally happy, comfortable and ready to sign-up

You will be given a copy of everything agreed in the meeting and all of your personal information is kept confidential.

Your Ascent Training

Taking part in the Ascent training will help you learn essential team leading and management techniques, and show you how to use them in your workplace. All our tutors are fully trained and experienced to help you achieve your qualification and in helping you learn in a supportive environment.

What's included in the training?

Both of the training programmes include sessions on recognising and utilising your skills, setting your career goals, creating a better worklife balance and understanding new ways of working to meet the demands of the 21st Century.

In addition you will be studying the following ILM units:

Level 2 – Team Leading

Develop Yourself
as a Team Leader
Workplace Communication
Managing Yourself

Level 3 – First Line Management

Solving Problems &
Decision Making
Managing Conflict
Developing Yourself & Others
Giving Briefings &
Making Presentations

You will be expected to complete three short work-based assignments to achieve your qualification. All aspects of the training are clearly explained to you from the outset and our team is always on-hand to answer your questions to help you successfully complete the programme.

Even more support for you

With Ascent you don't just sign-up for a training course, you also gain access to a range of free additional support aimed at giving you the very best opportunity to take the next step forward with your career.

The support available includes:

- Tailored 1to1 support, advice & guidance to encourage your personal development and build your confidence
- Ongoing support to help you continue your learning journey and develop your skills, including referral and signposting to other sources of support
- Mentoring sessions and networking opportunities
- 2 optional workshops to help further grow your skills
- Agile Nation 24/7 - a comprehensive on-line resource base full of useful information to support your ongoing development
- Invitations to exclusive Agile Nation participant events with topical presentations and inspirational speakers
- The potential opportunity to apply for an allowance to support any further training to develop your career



You can count on us

At the very heart of the Ascent Programme is our dedicated team who are on hand to provide you with a mix of:

- Support
- Guidance
- Advice

From experience we understand that no two people have exactly the same needs or aspirations. That's why when you take part in Ascent you can be confident that we will be working with you to help you get the most out of the programme and deliver what works for you in the way that you need it.



Celebrating Success!

Further benefits for you

Taking part in the Ascent Programme brings with it even more benefits designed to further help you and your career.

These include:

- 1 years free membership to Chwarae Teg - the ideal way to show your support for the work we do to help ensure fair play for women in Wales
- 6 months free trial membership of the Institute of Leadership and Management online, enabling you to gain access to support, information and resources focused on your needs as a learner



"I know I can continue to improve with the support that my Project Officer gives me."

Liz Morgans, Carmarthenshire

Liz Morgans



Hayley Dunne

Ascent made by us for you

As part of our Agile Nation project, the Ascent Programme has been developed by Chwarae Teg to offer women the genuine opportunity to take that important first step towards becoming a team leader.

Chwarae Teg has been working with women across Wales for nearly 20 years. We've been able to use the knowledge we've gained to create a programme that goes way beyond offering you just a training course.

Instead Ascent provides a comprehensive range of training and support that is designed to meet your individual needs and offers you the support you need, when you need it. I am delighted that we can offer you a genuine programme to help you achieve the progress in your career that you deserve.

If you have any questions at all about Ascent please call the office closest to you or visit our website – www.agilenation.co.uk

We look forward to hearing from you.
Hayley Dunne
Project Manager
Chwarae Teg / Agile Nation

Time to take part

The Ascent Programme is available to women who live in the counties shown below, to check your eligibility, to sign up or if you have any questions please call the office in your area.

North Wales

- Covers** Anglesey, Conwy, Denbighshire, Gwynedd
- Call** 01492 514237
- Email** agilenationnw@chwaraeteg.com

South West Wales

- Covers** Carmarthenshire, Ceredigion, Pembrokeshire, Swansea, Neath Port Talbot
- Call** 01554 770612
- Email** agilenationsww@chwaraeteg.com

South East Wales

- Covers** Blaenau Gwent, Bridgend, Caerphilly, Merthyr Tydfil, Rhondda Cynon Taf, Torfaen
- Call** 01443 824410
- Email** agilenationsew@chwaraeteg.com



“The Ascent programme helped me to understand the different methods of workplace communication and how to use smart objectives to manage my time effectively.”

“Thanks to the Agile Nation Ascent programme I have grown in confidence and feel I can now achieve my goals. I am looking forward to my new challenge.”

Donna Davies



Donna Davies

I did it, you can too!

Donna from Cwmdare, has been promoted to playgroup leader at the nursery school where she works after successfully completing the Ascent training programme.

To read more Agile Nation Success Stories go to www.agilenation.co.uk