

When Gloria was made redundant, she used the chance to take a much-needed break, having spent the last 18 years working and simultaneously raising her four nephews and niece. After taking some time to travel and study various courses, Gloria went to her local job centre for support, and met the Smart Works team at a job fair.

Having been with her previous employer for such a long time, much of the job market was new to Gloria and difficult to navigate. Combined with the complexity of trying to shift her career path, and impersonal rejections from employers, Gloria found that her usual unwavering confidence took a hit.

Since her visit to Smart Works, Gloria has secured a role that is the perfect combination of her experience and the new skills she wants to develop, and is enjoying showing up to work confidently whilst being 'the best person she can be'

Gloria





This is Gloria's Story



"I applied for probably over a hundred jobs overall. I was applying to five, on average, pretty much every day, and most of them were saying I was overqualified, because I'd been in my previous job for 18 years..."

I'm a naturally confident person and see the silver lining on everything – you know, there must be a reason I didn't get the job, it must not be the right job for me. But obviously I'm only human, so every so often I did feel a bit deflated. I would bounce back, but it could be quite depressing, quite frustrating in a way, especially when the job descriptions would match exactly what I used to do.

I kept sending out my CV, and then I ended up getting offers for two in person interviews on the same day. I had previously met Smart Works at a job fair and had some Career Coaching, so I reached out to them again and they invited me to come in for the dressing and interview preparation.

I'm really glad that I went for the dressing and I got to choose the outfit that I'm most comfortable with. I had put on weight over the break, which most people do, but my confidence was a bit low because of that. And at least with online interviews, you just have

to worry about the topic, but if you go in person then you need to think about what to wear. But I liked the way the volunteers were very open to what I wanted, my style and my preferences – I really felt the difference, it boosted my confidence.

It really helped to have someone to practice interviewing with as well. You can always practice it by yourself, but it's different when you can have that back and forth, get that real-time feedback. Especially for people like me – I've been in the same job for 18 years, so everything is new to me. It really helped to get those pointers.

Having a job makes you feel more like a part of society, where you're contributing to making it better. It gives you that motivation to go out there and do your bit, and there's also that social interaction that you don't really get at home. Just being a good social person, doing your bit for society and being the best person you can be. It's that kind of sense of self-worth, in a way."



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