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Mental health is just as important as your physical health. Let's take care of it together. Mental Health Week is an annual, National event that aims to improve community awareness and interest in mental health and wellbeing. Check out <https://www.mhct.org/mentalhealthweek/> to find a local event near you.

## MANINGRIDA RECYCLE PROGRAM

### MANINGRIDA, NT

NJL delivered a 4-week program for Bawinanga Aboriginal Corporation (BAC) – Community Development Program (CDP) with accredited units relating to operational maintenance of machinery, incorporating LLN units. Participants set up a workshop for the recycle centre with BAC providing the equipment and tools required to do the training and continue running the Business.

The participants got busy stripping re-saleable car parts off wrecks located at the workshop, the local tip even had people dropping wrecks off to the yard. The participants cleaned, tested, labelled and set-up racking throughout the workshop.

As a result of the program, one participant has now been employed to run and supervise the Recycle Yard.

They had their first paying customers within the second week of Training. This program has resulted in a great outcome for the Community of Maningrida, they are now able to access parts and accessories for their vehicles at a much lower rate and reducing the waiting time for more expensive parts to arrive by barge with opportunities for expansion and it is creating more local jobs.



## EXCITING NEW BUSINESS FOR NJL ADELAIDE

### ADELAIDE SA

Two of our NJL staff members moved from Rockhampton to Adelaide in early August. So far, they have been on the ground, walking (and driving) from Job Active to Job Active, building relationships to grow referral rates to our EST programs. They have just commenced the first EST course which was fully booked.

Heta (our sister company in S.A) is continuing to deliver their Learner Driver program once a month with the last few programs having 100% completion and pass rate. We have recently won a small contract to deliver some add-on skills training under the Labour Mobility Assistance Package (LMAP) which is also due to commence, we are hoping this will develop into future opportunities.

NJL has met with the South Australian Employment Facilitator for the Transition Services Panel (TSP) and is hoping to hear back within the coming weeks with what that might look like for NJL. We will keep you posted. We are working closely with the Heta team and are excited for what is to come for NJL/Heta in South Australia.



## NJL STENCIL ART

### CAIRNS,

Our Cairns EST Block 2 worked in collaboration with EST Barista to produce our very own 3D printed NJL stencil art!

Participants designed, developed and 3D Printed various options. Coffees were given a 'TAG' for distribution during 'Coffee on Us' Days.

This was great ice breaker opportunity for Participants to meet local business owners and over a coffee explain the NJL program, demonstrate participant skills as well as a little free advertising within the community.

## CAIRNS BREWS UP A STORM

### CAIRNS, QLD

Recently, participants completed Hospitality Employability Skills Training (EST) Block 1 and 2 Barista courses in Cairns CBD. Through the training, all participants gained practical experience in making specialist espresso coffees, planning and running events and customer service. The events included a *Coffee on Us* day, where students made sample coffees for artists challenged with disabilities, at a community gallery, *Artists at Work*. Three students gained interviews for the brand new Crystalbrook Hotel chain and two completed work experience in an award-winning popular Cairns Café. The café indicated this week that one graduate will be invited to work there.

This is the third successful Barista training program to be run from NJL Cairns. NJL is very excited at the successful outcomes for students. All courses have provided opportunities for EST participants to learn practical employment skills to transfer into real work situations. One recent graduate now has two barista jobs after completing the course and relocating to Townsville.

The course teaches students how to handle food safely and create amazing coffees. It is also changing lives – through skill building, personal empowerment and gaining confidence.





## GOOD NEWS PARTICIPANT STORIES!

### ZOE

LAUNCESTON, TAS

Zoe came to Transition to Work (TTW) with a strong equine background. Although she felt it was time to test out a new career path and wanted to start looking into traineeships. Zoe was determined to make this happen and registered through Mas National for Traineeship assistance. After numerous interviews and still no luck, Zoe started re-assessing her interest in horses, and flew to Victoria for a trial as a trainee Jockey. Whilst she loved the work, Zoe felt it was too far from home and she still wanted to try a different avenue. As Zoe had been with TTW for just 6 months, she was now eligible for PaTH Internships and wanted to know all about them.

Zoe had found the Newstead Dental Surgery vacancy online and applied, she also dropped into the office and asked me to give them a call. After a quick phone call, and the Internship information emailed off, the surgery told us to hang in there and they'd get back to me. 1 week later they were back on email and keen to have a chat to Zoe. Zoe did a fantastic job in the interview & commenced her 4-week internship. After receiving numerous amounts of positive feedback from the Practice Manager about Zoe's performance, they offered Zoe a permanent traineeship position starting this month. Zoe is delighted with the outcome.



### PHIL

HOBART, TAS

We had the fortune of meeting a lovely young man named Phil. He had a Certificate III in IT and was having difficulty converting his qualification into a career due to childhood travelling. He participated enthusiastically during the Employability Skills Training (EST) Block 2 course and began forming friendships within the group. He generated a fantastic resume, engaged in an intensive job search which included door knocking and cold calling his way through a list of carefully selected employers. Phil's confidence improved dramatically, and he began catching up with class mates outside of course hours. Most of the participants enrolled in our Block 1 course, however, Phil turned 25 and wasn't eligible to participate.

Day one Phil arrived asking if he could attend as a volunteer. We welcomed him as part of the team. The group wanted to design a prototype App to link young people with mentors and support services. Phil used his IT skills to develop this. After the course wrapped up we had a visit again from Phil who had secured some local work experience. To our surprise, Phil brought along a gift for us. We are so impressed that Phil has now secured a two-year full-time contract working in his dream job with IT.

### ISRAEL

ROCKHAMPTON, QLD

Consulting One, a local employer, has been a guest speaker in our Job Readiness Training Programs over the past 2 years. They are passionate about introducing young people to the IT industry and see our service as a great opportunity for them to share their knowledge and grow their business. Five of our young people have gained jobs with Consulting One and some overcoming significant barriers to start employment.

Our most recent placement with this employer is 18-year-old Israel, an early school leaver and with no previous work history. Israel's dream job is to be a film director and he started a Cert III in IT as a stepping stone, however he was struggling with motivation to complete it. Our Mentor has been working with him to expand his comfort zone with small steps from one on one job readiness activities to venturing out to explore the in Brisbane / Sydney in film direction towards creating a future career pathway for Israel.

When the IT job came up it was something that Israel was certainly interested in and a good way to start to save towards his dream job. Israel went for his interview and was offered the position, he has now been with Consulting One for 10 weeks and is able to work independently with minimal supervision. Consulting One are so happy with Israel they have commenced him in Accredited Apple Training.



# MEET OUR TEAM!



## Michelle Whitehouse

Devonport, TAS

My name is Michelle, and I am a Youth Mentor/ EST Trainer at the Burnie/ Devonport office for National Joblink. I have been employed with NJL for 8 months now and I'm loving it. I enjoy working with people and being able to build rapport, help and encourage others. Previously I was a trainer for Hospitality and Diploma of Leadership and Management, only gaining my TAE at the beginning of 2017, therefore it was an eye opener constantly working with youth. One thing I have learnt in my short time is that I am learning every day from them as much as they are learning off me, I also love bringing life skills to youth and hearing the thanks and joy for the simple things that you bring to their lives, and for this I am very grateful.

In my other role I love spending time with my family and friends, my 6 grandchildren, and basically being thankful that I can enjoy life.



## Tim Keen

Gladstone, QLD

Hi, my name is Tim. A big moment that changed my career path was overcoming quite a substantial back injury. After being an apprentice shopfitter and qualified tradesman, I had no idea what to do next.

I have now been working with youth for 8 years and as a trainer for NJL for 12 months. I haven't looked back since and I wouldn't change what I do now for the world.

Yes, I get nervous, but it is an excited nervous to see what awesome and interesting people are going to walk through my door on the first day of training. In my spare time I enjoy Surfing, skateboarding, keeping fit, hanging out with my dogs at the beach, camping, 4wd driving, music, playing my drums, cooking and reading.



## Karlyn Miskle

Cairns, QLD

Hi, my name is Karlyn and I am an NJL 'Employability Skills' Trainer in Cairns who delivers training in Cairns, Mareeba, Innisfail and other areas in beautiful Far North QLD. With over 20 years' experience in training, I was our first Cairns trainer to roll out an EST course, first to run an ELP project - *Deadpool*, and our first adventure-based trainer to run a session for students at Northern Outlook. After recently returning from an extensive trek through South America, I draw my inspiration through meeting and spending time with different cultures. This appreciation for diversity is embedded in my training style and I endeavour to provide unique opportunities for the EST participants to learn empowerment through life choices. I love to "Smash barriers out of the park," and believe that emotional and physical wellbeing are keys to a successful and happy life.