

Developing self-esteem and confidence

Rashida is married with five children ranging in age from 8 to 24. She came to England almost 25 years ago to marry. She had no formal qualifications and spoke only Gujarati.

She first joined a Share course which was advertised through her children's school, and hoped it would be a way to alleviate post natal depression. She successfully completed this course obtaining a Level 2 Share qualification, but also gained confidence, an ability to work independently and felt less depressed.

She has since continued with learning to complete a Level 2 Childcare course and her future plans are to go into community work.

Rashida found that she could fit the learning around her family life. She has enjoyed the independence that the learning experience has given her.

Her increased confidence and self belief has been noticed by her tutor who says "Rashida's reaction is typical of mothers who have completed Share courses. They have all increased in self-confidence and feeling of self-worth".

Bolton Literacy Trust