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The Really Helpful Club



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RHC: Finding a job that suits you



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Hello from the [Really Helpful Club](#), an online network for our members to share, discover and connect

The Autumn is a great time for starting something new. For those of you looking to find a job you'll love and fits in with your life, the RHC is a great place to search. Lots of our members are thinking about how they can get back into the workplace. For those of you looking for inspiration and how to get started we have great experts in various fields in our [Directory](#), ready to help you take those first steps.

For businesses looking for talented and experienced people to help grow your business, please post your job vacancies in our Business Forum. Job posts are free to place and many vacancies are successfully filled with RHC members.

The [RHC Back to Work programme](#) recognizes there is a growing pool of talented and well educated women who all too often leave the workplace to raise a family and then lack the confidence or opportunity to find the role that utilises their talents and fulfils their ambitions. We are planning our next seminar in January 2018 for anyone looking to return to the workplace or start and grow their own business. Please keep an eye out for more details.

It was exciting to hear recently that the UK Govt. has launched returner programmes to help both men and women return to work after an extended career break. Keep checking our [jobs section](#) for details of returnships across various sectors in both the Private and Public Sector.

Keep posting the messages and thank you for spreading the word. And don't forget to like RHC on [Facebook](#) and to follow us on [Instagram](#) and [Twitter](#) for regular updates and news.

Sarah



[THE RIGHT CAREER CHOICE](#)

Click [here](#) to read this fascinating article by careers coach Dina Michele

"Where do I start? Often the work we would enjoy the most is actually quite different from what we are already doing and being able to visualize a new and completely different role is too hard from where we are standing right now ... [read more](#)



[TRUE YOU COACHING WITH NIKI KERR](#)

Re-connect with your authentic self and overcome the real hold ups in your relationship or achievement goals. If you are not happy with something in your life right now or there is something you know would make you much happier or if you ever wondered how you got to where you are today and have a dream that you are just not living, then this is the coaching for you.

[Niki Kerr](#) offers a very safe space to have a one off 3 hour session where the element of change is looked at in detail with a precise visual of the desired outcome. When we align our actions with our true desires we honour our core values and are able to live the life we truly want.



[COMMUNICATE WITH CONFIDENCE](#)

We are very lucky to have highly experienced experts available to help you build your confidence and take your next steps.

Be it a crunch presentation, an important interview, a vital networking opportunity or a CV, [Sue Carruthers](#) can help you. Sue gives women confidence, conviction and clarity in their business communications – whether they are currently at work or aspiring to be.

[Jayne Constantinis](#) teaches people to communicate with skill and confidence, for interviews, meetings, pitches, presentations and for life. She offers practical tools and strategies which work immediately.



[RETURNING TO THE FINANCIAL WORLD](#)

If you're interested in finance, contact [The Eve Partnership](#), specialists in the recruitment of women in finance. They operate across the investment industry with many roles offering flexibility or interim opportunities.

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RHC: Hit the ground running this Autumn



Hello from the [Really Helpful Club](#), an online network for our members to share, discover and connect

We have so many exciting plans this Autumn so please continue to spread the word to help us to grow and become a more useful resource to you all. With over 8,000 members, our [Forums](#) are buzzing so join in and have a look and please keep posting your great ideas.

Our [Directory](#) is packed with handy contacts and trusted resources, all recommended by RHC members, to help you.

With children back at school, the Autumn is a great time for starting something new, planning a project and setting goals. You may be looking to make improvements to your home and garden, your health and fitness or perhaps to find your next career. The RHC is a great place to search and in each of our newsletters we will highlight some great ideas to help you get started.

Keep posting the messages and thank you for spreading the word. And don't forget to like RHC on [Facebook](#) and to follow us on [Instagram](#) and [Twitter](#) for regular updates and news.

Sarah

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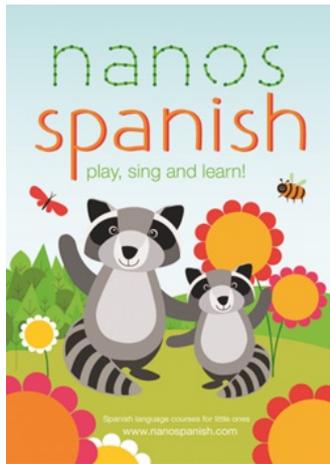
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SOMETHING FOR YOU

Freshen up your style and get your 'mojo' back with [Judi Lockard](#), highly recommended and popular image consultant and personal stylist. Offering wardrobe decluttering, colour analysis and personal shopping, Judi will give you the tools to help you make the right choices going forward.

"I'm so pleased with the end result, it has saved me time, money and most important of all has given me the confidence to style myself"



[SOMETHING FOR YOUR FAMILY](#)

Introduce your family to something new. Learn a new skill: Tennis coaching with [Ollie Lloyd](#), Spanish lessons with [Nanos Spanish](#) or netball with [Sisters n Sport](#). Keep your family safe: Enrol on an award winning [first aid course](#), be internet safety aware with [Computer Fitness](#).

"Just needed to share what a great morning my kids had at Coombe Wood Lawn Tennis Club this morning."

"I just thought I'd mention a great netball camp for kids run by a company called sisters n sport"

"Just want to shout from the rooftops about Sylvie Garvey, who owns and runs Computer Fitness. She really is a genius, knows her stuff and should be in everyone's speed dial. She also runs workshops on IT, internet safety, getting more from your iPhone and much more. A fantastic resource."



[SOMETHING FOR YOUR HOME](#)

Grab the opportunity to declutter your home with the brilliant and super popular Sarah MacNaught at [Rightsize](#).

"I would like to recommend Sarah who is a Decluttering expert. Sarah spent two days helping me to clear out two garages and our loft. She was fantastic to work with, very professional and not pushy. She was very hands on and even hoovered the floor and rafters of the loft after we had finished. Sarah took all the unwanted items to various charities and the local tip. Brilliant service and so patient and friendly."

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