



Specialist online support for women moving into work

Every employability provider knows that some women need extra and different support: single parents, mothers returning to work and young women taking their first steps into work.

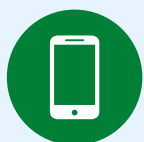
Grow Online has been designed to provide the specialist support these women need.

Available from September 2026, organisations will be able to purchase places on an open programme, or have their own dedicated groups.

How it works



You refer women, who join the Grow Community and attend a Welcome Zoom session.



They have 24/7 wraparound support through the Grow App. It works on smartphones, tablets and laptops and provides advice, information, motivation, and flexible jobs. Plus direct access to all our online events.



They are invited to attend 5 Essential Grow Sessions on Zoom across a week and have access to many others in a 3-month period, all advertised and available to join direct from their Grow App.



They have support from the Grow Coaches in the sessions and develop confidence and resilience as well as employability skills, that build on their specific circumstances.



They have a one to one with a specialist Grow Coach and do a practice interview.



We provide a warm handover back to the Adviser with key information including progress, attendance and any ongoing support needs.



Grow Online builds confidence and awareness and connects women to work.

Participants receive specialist tailored support on childcare, flexible work and how to apply and interview when you have not worked for a while or not worked at all. Combined with our award-winning Grow App, we embed our confidence and motivation approach that helps women move forward faster.

THE MODEL



One week intensive, 5 one-hour sessions delivered live each day at 10am by expert Grow Coaches using easy-to-access Zoom.



1-1 coaching and practice interview with a specialist Grow Coach



Specialist support around childcare, confidence and flexible working



The award-winning Grow App



Weekly Bulletin with jobs, case studies and advice



Access to all Grow online events

Why Grow Online?



Helps advisers support women with a range of barriers.



Reduces isolation and raises awareness of support



Gives participants a specialist women's community.



Builds confidence before intensive job search.



Fits around childcare because it's online.

“

I gained a real boost in my confidence.

The Outcome

It will help them to move into work faster.

Women are more aware of how to overcome barriers. They gain a sense of community and feel less isolated. They have new ways of maximising their CVs and interview answers.

They will gain confidence to look for work that suits their personal and family circumstances. They can access expert advice on key issues and have ongoing opportunities to attend sessions that will help them get a job.





The Grow Approach

Women further from work can feel isolated and that a job is unachievable because of their personal circumstances or their family life.

Get Ready for Work is a multi-award-winning approach that engages those women and supports them to feel confident, resilient, and able to move into work.

Our team are experts with lived experience who speak **9 community languages**. We are dedicated to supporting women and provide extra support for **single parents, mothers, young women, women with children with additional needs and those with English as a second language**.

Originally based in community settings in London and the Midlands, this new approach is delivered online so that we can offer it nationwide, using easy-to-access Zoom sessions and the highly effective **Grow App**.

We have run six pilots over the last six months on our own funded project in London, and with organisations in the Midlands, we have achieved an **83% retention rate** for the week of online activities and strong feedback that the project addresses the key issues.

On our own project we can see it is helping women get into work faster.



The **essential** online programme covers:

- Confidence and resilience – the Grow Approach
- Employability skills for women further from work with specialist CV and Interview sessions
- Flexible working, childcare and how to find a job that suits your needs.

The **optional** sessions include:

- Mothers of children with SEND
- Understanding Anxiety
- Looking for work when English is not your first language
- AI for employability
- Dress for success
- Elevating your personal statement
- Use your time to change your life

What participants said about the pilots



“What worked best for me was the supportive and encouraging environment. From the beginning, I felt comfortable asking questions and sharing my thoughts without feeling judged. The tutors were approachable, knowledgeable, and always willing to provide guidance and encouragement, which helped build my confidence.

“I felt the Grow team were extremely patient and supportive the entire week. We were listened to and given very useful information to help us move forward with our job search. I liked the diversity of the group, with participants from all over the world and varying job experiences.

“I really liked being able to access the Grow App and have 1-2-1 support. Being part of a 'real time' community and specialist expertise.

“I gained a real boost in my confidence. I expected to learn practical employability skills, but I also became more confident in my own abilities and more comfortable speaking up, asking questions, and believing in what I can achieve. I also appreciated the support and encouragement from the other women on the programme, which made me feel less alone and more motivated to work towards my goals.

“I found the programme very supportive and beneficial. I like being part of the Grow Community.

“The online format was so convenient and flexible, making it easier to fit the sessions around my other responsibilities.

“I really like the fact I can do the sessions from home, so I don't have to find childcare or pay for travel.

Let's start a conversation

Get in touch with the Grow Online team



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