



Tariq Suleiman

A graduate of the first RISE employment programme

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“It all started with a text message from Arhag. I remember that day as I was feeling a bit down about my job and was looking for a career change. The text message was a bit of hope for me. One step led to another and I found myself enrolled onto the programme. I did the Saturday session because I was working during the week, the first session we all bonded as a unit, thanks to John and his calm and patient approach he made us all feel welcome and comfortable and we were all so excited to see where this would take us.

Every Saturday we would meet up, we were learning new and useful skills that increased our confidence as a team. We got on very well and really appreciated the hospitality John and the team gave us, they also helped out with the travel and lunch which was great and extremely helpful.

The programme has given me hope of becoming a better person with a fantastic career and allowed me to envisage where I want to be. We had practice interviews and saw one another progress so much. It really opened our eyes and reassured us that we are worth way more than we originally thought.

The praises and positive boosts we shared really helped, we were all adults from many different backgrounds but worked really well together. It was fun, emotional and educational at the same time, we were all there to better ourselves and to take necessary steps to reach our goals and achieve our dreams.

The programme was such a positive experience and I would recommend it to my family and friends, the help we received was so genuine and caring. To this day we are still in touch with John and the team and still get one to one help, I can't appreciate that enough. I feel excited about my journey and finding out more about myself. I really want to thank Olmec and Arhag for putting together such great programme that has helped boost the strength and confidence we all have in each other and ourselves.”

