

# W DUNBARTONSHIRE PROJECT SEARCH NEWSLETTER



## Spotlight of the Week: Sean Lynch, Employability Team Leader

Participants had the opportunity to sit down with Sean Lynch from Working 4U, who has been leading the coordination of the Project Search programme over the past few months. Sean shared insights into his role and expressed his satisfaction in seeing the programme come to life after months of dedicated planning and hard work.

**Find out more about Sean on page 2.**

## HEALTH TIPS

If you're neurodiverse, your environment can have a big impact on your well-being. Try setting up a sensory-friendly space at home or work—a place where you feel calm, safe, and comfortable. This could include:

- Soft lighting (avoid harsh fluorescents)
- Noise-cancelling headphones or calming background sounds
- Comfortable textures like weighted blankets or soft cushions
- Minimal clutter to reduce visual overstimulation

Having a dedicated space like this can help you recharge, reduce anxiety, and improve focus—especially during stressful moments.

## This Week's course Highlights: This Week's Activities: Building Employability Skills

Throughout the week, participants engaged in a series of sessions focused on key employability topics. These included effective job search strategies, how to craft and deliver a compelling elevator pitch, and the importance of developing a growth mindset over a fixed one. Each topic encouraged reflection and discussion, helping participants build confidence and practical skills that will support them in future job applications and interviews.

In addition to the learning sessions, the group split into three teams to work collaboratively on developing articles for the newsletter. Each team brought a unique perspective and creative approach to their writing, contributing to a diverse and engaging publication. This teamwork not only strengthened communication and planning skills but also gave participants a chance to showcase their progress and ideas in a professional format.



## Creating the Project Search Song

Throughout the week, participants collaborated to create an original song celebrating Project Search in West Dunbartonshire. Drawing inspiration from the skills they've developed on the course and local landmarks such as the River Leven and Dumbarton Rock, the song reflects both personal growth and community pride. The creative process brought the group together and highlighted the unique spirit of the programme.

## Spotlight of the Week: Meet the Mentor: Supporting Young People with Heart and Experience

This month, we're shining a spotlight on Sean Lynch from West Dunbartonshire Council's Working4U team.



With over 30 years of experience working with people, Sean brings a wealth of knowledge, compassion, and humour to the programme in West Dunbartonshire.

**Q: How did you first get involved with Project Search?**

*A: Project Search came along and discussed its benefits to young people in West Dunbartonshire. I was keen to help young people to progress.*

**Q: What motivates you to support young people in their development?**

*A: Meeting a variety of people, different businesses, colleagues, young people and watching them progress.*

**Q: What's your favourite type of cookie?**

*A: Chocolate cookies.*

**Q: What do you enjoy most about your role in Project Search?**

*A: Meeting a variety of people and watching young people progress.*

**Q: How do you feel when you see young people succeed through the programme?**

*A: By seeing their success and being happy – personally always extremely pleased. And look forward to seeing them at the celebration event at the end of the program.*

**Q: How do you encourage participants to get the most out of the course?**

*A: Ask them to listen to coaches and tutors, ask questions, take part and find out as much as possible. Enjoy the process and take advice.*

**Q: What does a typical morning look like for you?**

*A: Say hello, ask how your day is and how people are, get laptop ready.*

**Q: What would you say are your key strengths?**

*A: Good communicator and listening skills, can talk to people and give advice. Good at IT and figures/numbers.*

**Q: And what are some of your personal challenges or areas for improvement?**

*A: Don't know when to stop talking, work too much and don't take breaks.*

**Q: What are your future plans in youth employability?**

*A: Still working within youth employability to help young people progress along their pathway – unless I win the lottery, then I may go part-time.*

**Q: Do you have a favourite drink or treat you enjoy after work?**

*A: Bavaria Bauhaus – German beer, best beer ever.*

**Q: What's your favourite film?**

*A: Star Wars Episode 4.*



# OUR FIRST FOUR WEEKS AT PROJECT SEARCH – A PARTICIPANT’S VIEW

It's hard to believe we've already completed our first month at Project Search in West Dunbartonshire. The past four weeks have been full-on, but in a good way—we've learned loads, met new people, and started building skills that will help us in the workplace.

At the start, most of us were nervous. New place, new faces, and not knowing what to expect. But the tutors and support workers made us feel welcome straight away. We kicked things off with sessions on self-awareness, where we looked at our strengths and what kind of jobs might suit us. It was great to hear everyone's ideas.

The first few weeks focused on self-awareness, communication, and workplace behaviour—things like timekeeping, teamwork, and how to present ourselves professionally. We've had group discussions, role-play activities, and even helped with the newsletter. It's been a mix of learning and creativity, and we've all grown in confidence.



One of the best parts has been working with the musicians to write a song about our experiences. It gave us a chance to express how we've felt, what we've overcome, and where we're heading. Writing the lyrics together was emotional, but also empowering.



We're always looking to build meaningful connections with individuals and local organisations who share our passion for inclusive employment. Whether you're an employer, community partner, or someone who simply wants to support our journey, we'd love to hear from you.

If you're interested in getting involved, please contact us — together, we can make a real difference.

**Email:** [projectsearch@westdunbarton.gov.uk](mailto:projectsearch@westdunbarton.gov.uk)

At the end of the four weeks, we held a small showcase to celebrate everything we'd achieved. We were each given a certificate, and we played the song we'd written—it was a proud moment for all of us.

Project Search is helping us believe in ourselves, and we're excited for what's coming next.

