



What is Bounce?

Bounce Readiness/Life Skills Program: Workforce Central launched the Bounce work-readiness/life coaching program in January, 2015. Thus far, 47 participants have taken part in the two-week class and participant feedback has been extremely positive. A new two-week session is offered on a quarterly basis. Approximately 20 of the participants have entered employment “post-Bounce” at an average wage of \$34.86 per hour. Interested participants should contact Cheryl Kelly at Workforce Central.

Bounce creates life changing courses and products designed to assist the long-term unemployed, underemployed, disengaged or those seeking a career change to ‘find their calling’ in both work and life. For over eight years, The Bounce program has been delivered throughout Australia across the spectrum of employment services for the long-term unemployed along with Employment Consultants, Reverse Marketers, Recruiters and Site Managers. Bounce has also been extended to training programs in the prison system and homeless shelters, helping those about to enter society establish and improve life skills, employability skills.

What do we do?

Bounce provides a well-defined non-traditional dynamic approach to motivating people to make real and lasting changes in their lives. Across all disciplines, Bounce addresses labor challenges with multi-disciplinary, behavioral training that touches on psychosocial solutions encompassing rapport building, communication strategies, self-talk, self-worth, and confidence building, leading people towards job-preparedness with relevant expandable building blocks. Beyond standard job training or traditional skills assessment, Bounce looks at why long-term unemployable individuals have made the choices they’ve made, evaluate their values and belief systems and guides them towards ‘a life more positive’ by teaching effective communication techniques and positive self-awareness, resulting in greater gains personally and professionally.

What do we want?

To change the world by providing high quality and ground-breaking training that enables people to live fulfilled and positive lives.

Who we serve:

One Stop Career Centers, Community Colleges, Public Schools and Alternative education Programs, Prisons, Youth, Job seekers.



(Photo: Bounce Instructor Cheryl Kelly facilitating a Bounce session this past May.)

Watch Preview of upcoming The Working Lunch TV/ Radio Show with guest Maria Smith, Founder and CEO BounceUSA.

CLICK VIDEO:



(Photo: Bounce, Founder and CEO Maria Smith visits The Working Lunch TV / Radio Show.)