

# review refresh return

A dedicated programme supporting women.

We can help with confidence, update skills, interview support, CV update or help to find work and more.

Our support is designed around you.



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Review, Refresh, Return is the programme supporting women to return to good work or improve their work skills following a career break. It is delivered across Scotland as part of the Women Returners Programme, funded by the Scottish Government and administered by Skills Development Scotland.

Women unemployed for six months or more aged 25 and above who have undertaken paid employment at some point in the past benefit from free peer support, CV-building, upskilling, and confidence-building before progressing back into work or further education. Launched in October 2021, the programme initially runs until March 2022.



The programme is tailor-made to each participant, addressing conflicting home and life priorities, via one-to-one or group sessions, online and in person. Emphasis is placed on navigating caring responsibilities and back-to-work anxiety while capitalising on past qualifications and work experience.

**Call now: 07547 404395**  
**or visit: [tragecentral.co.uk](https://tragecentral.co.uk)**  
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