

My New Year gift

Toby shares his story about how the support of Pathways helped him regain his confidence and find exciting employment opportunities...

My name's Toby* and I'm a fresh university graduate from Auckland. I'm passionate about engaging in art and craft activities and computer technology.

Job hunting became a huge problem for me after my graduation. Being a migrant I struggled through prejudices and stereotypes. Job hunting proved to be a bitter and frustrating experience for me. The frustration led to a sudden loss of confidence and as a result I became depressed. Later I was diagnosed as bipolar.

Although my family remained close-knit, I wasn't happy about my life at all. I used to sleep throughout the day and shed silent tears thinking of my miserable fate.

At this point, Seyed, a support worker from Pathways got in touch with me. He had a great understanding of my culture and was empathetic towards my situation. He helped me build my confidence slowly and I felt comfortable talking to him. Through the strategic plans he helped me make, Seyed gradually managed to instil new hope in me.

Seyed encouraged me to attend workshops and seminars to learn job hunting techniques and strategies. I learnt to write an impressive CV and how to face interviews with courage and confidence. Seyed also linked me with Work and Income to help with my job search. With his moral and emotional support I was motivated to push myself further. During this time, my family also played a big role in changing my life for good.

With practical skills and new networks I started job hunting again - with a positive approach this time. Seyed helped me understand that missing out on a job wasn't the end of the world. My confidence gradually continued to boost.

As my self-esteem grew, I felt happier. Because of my improvement, I was transferred from Pathways to a general practitioner in December 2009. Having started further training, I'm now about to begin a teaching career. I've met a diverse range of potential teachers and the content we're learning is fun and engaging.

Thank you to Seyed and the Pathways team. Watching myself progress like this in 2010 is the best New Year's gift I've ever got!

* Name changed

