

FAMILY IMPACT



Jodie's Family

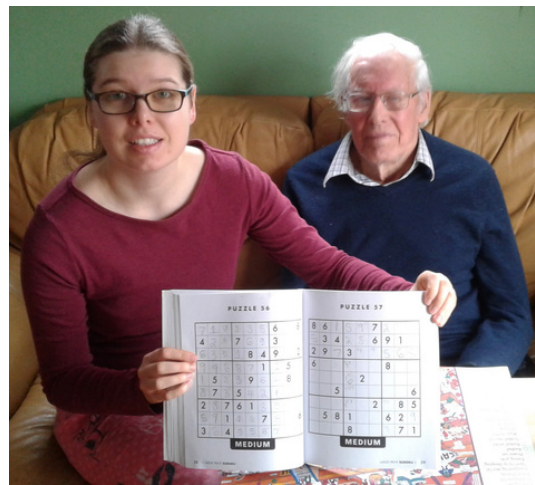
Susan Bishop

Many years ago I heard an interview on the radio with Good Foot's founder, Kirsten, and I was really impressed with the sound of the organization. When Jodie was looking for work, a family friend, who knew about Good Foot, encouraged us to apply, as she thought it was likely a place where Jodie would flourish.

Jodie had worked a few placements before, but Good Foot has been her first paying job. **I think the biggest change that I've noticed has been Jodie's confidence and independence.** Being able to navigate around the city has been huge for her independence and self-esteem. Jodie is proud of what she does, and she can independently earn money.

I think the other really important part of Good Foot is that sense of community. Jodie is very social and a great listener. She loves to be with people. She loves all the social events, and she really likes being in the community of Couriers. She participates in most social events, and really looks forward to them. She stays in touch with Couriers outside of work. She really loves the staff at Good Foot. She likes the interaction with customers when she is picking up or dropping off deliveries.

During the pandemic, Good Foot helped mitigate some of the tough times in lockdown by having all those Zoom calls and supports. Jodie really looked forward to the in person social events as things started to open up and they really helped with her mental health. Good Foot has been so patient about when she comes back to work and is providing support to help ease her back into it. **It's certainly a reminder of the role that Good Foot has always played, giving her all that self confidence and putting her on such a positive track.**



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It's such a big relief to our family when Jodie is happy and thriving. Before Good Foot, there was worry and boredom. That really just dissolved when she started working and being so happy. **From a parent's point of view, Good Foot has always been so accommodating in a way that most workplaces aren't.** Jodie had a long period of training, and her trainer, who was another Courier, was really incredible. That flexibility really allowed Jodie to build up her confidence in the job. It's so great to know that Out opportunities always exist as an option if Jodie wants to try out something new.

I think any parent who has a child with special needs, who's tried to find employment will know how incredibly hard that is. It's hard to make that first step in, and it's even harder to find an environment that's going to be supportive enough. It's hard to fill your life without employment, and it's easier to be fulfilled when you're learning and surrounded by community.

This job has really come to mean a lot to Jodie. She's been sending out emails for donations as a runner in the Scotiabank Marathon. There have been so many people who've supported Jodie and Good Foot. It just goes to show how this job extends out around her, and everyone knows how important it is to her. Through Jodie, they know more about Good Foot, and they're impressed with the role that it's played in her life.

