

# COURIER IMPACT



## Jon

I was having some trouble finding a job when I decided to apply with Good Foot. Having a job is important to me because it keeps me busy which really helps my mental health. If I sit too long or get isolated, I start to not feel well. Good Foot helps me stay busy and active, which gives me a lot of mental clarity.

**Good Foot is the most accepting and accommodating job I have ever been involved with.** They allow me to take off sick days and personal days. They're always helpful and accommodating when the weather is bad.

My confidence has improved through working here, and I see that confidence in other staff as well. Because of my disability, I've sometimes had very low confidence, and it's been exciting to learn new skills. **Good Foot has encouraged me to problem solve in different ways, especially when it comes to mapping and transit.**

In previous roles, no one really had confidence in me. When I was a student, I was given smaller jobs and always had someone watch me, which didn't make me feel included. I would sometimes be given tasks that no one else wanted, and people would assume that I couldn't do things. I was stuck doing paperwork a lot.

**Good Foot has helped me look at job searching differently now.** I pay more attention to the job requirements now, and I feel more confident about applying. Good Foot has an Employment Support Specialist who has also really helped me. He helped me look at all of my options and think about what I want in the short and long term. Good Foot has helped me look for a good Out placement based on my needs and goals. Our Support Specialist gave me recommendations and I looked at jobs online to send him what I found. He called places for me as well.

I want to thank Good Foot for all their help and support. **Because of Good Foot, I have a lot more confidence in my abilities and have become more open-minded when trying new things or new ways of doing something.**

