



An introduction to  
**Black and  
Minority Ethnic  
(BME) Services**

A guide to Red Pressures  
confidential services bespoke  
to meet the needs  
of BME professionals



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## Black and Minority Ethnic (BME) Services

We have a variety of confidential services bespoke to meet the needs of BME professionals to enable them to find work life balance and catapult them into the future by eliminating barriers.

Red Pressures provides unique services that are designed to meet the needs of Black and minority ethnic individuals, organisations and workforces.

We provide non managerial professional guidance and support to BME's to enable optimal outputs and outcomes for your professional aspirations and organisational requirements.

Our services ignite your minority staff to achieve new and aspiring goals and aims to ensure that your staff maximise their true potential.

BME's who seek to get ahead within the workforce but are unable to breakdown professional or organisational glass ceilings, we will show you how to manoeuvre through professional mind fields with polish and ease.

Red Pressures values diversity and difference thus tailors support packages around a multitude of issues such as sexuality, gender and disability.

Many middle and senior level professionals will encounter numerous barriers to their smooth, rightful promotion within the work place. They may also have felt oppressed and or discriminated against within the recruitment and selection process for senior level and or progressive posts.



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Ambitious professionals will benefit from completing the self help tools available on this site and by seeking the services of our experienced and qualified coaches, who will assist you to become skilled in eliminating barriers to progression.

Our coaches will assist you to remove blockages and give you skills that will enable you to transition through difficult and complex situations with ease and grace. Coaches deliver their services on a one to one or group basis. We use telephone and web based technologies to support our contact and communication with clients with whom we work. Additionally, international clients can be supported entirely through web based technologies if required.

Ambitious young people and students who are BME's will benefit from our services as our coaches will assist you to plan and progress your career whilst steering you through and around potential obstacles and blockages. This factor is also applicable to any BME who is interested in reaching their true and full potential.

Our coaches are able to support students through their academic learning, apprenticeships, junior internments and all aspects of your life, after all, what can be more important in your life than YOU. Undue stress and pressures prevents people from fully caring for their children, their loved ones and themselves. Pressures can negatively affect friendships and personal relationships.

Stresses and pressures can have a negative impact upon your health, physical, emotional, and mental wellbeing. Thus when looking at a cost benefit analysis of the financial implications of purchasing our services against any detrimental impact upon your health and wellbeing over the short, medium and long term, then purchasing Red Pressures services is a proactive response which is often better than a reactive response to dealing with such "pressures" within your personal or professional life.



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Thank you for downloading our completely free brochure which we know you will find educational, helpful and exhilarating!

Red Pressures employs the services of **female** and **male** experienced senior mentors and coaches from a variety of backgrounds, ethnicity and professional fields thus we will have a coach who can meet your individual or organisational requirements.

Red Pressures provides services and expertise in coaching, Black and minority ethnic services, leadership and management, social work and youth services.

If you want to know more about the empowering services that we offer, and learn how we could help you and your organisation to flourish, please visit our website at: [www.redpressures.co.uk](http://www.redpressures.co.uk), where you can purchase individual or group mentoring or coaching on a short, medium or long term basis. Packages are tailor-made to catapult you to success thus enabling you to reach your true potential.

All work undertaken by Red Pressures is absolutely confidential with a caveat in terms of child protection.

Why not engage our services visit [www.redpressures.co.uk](http://www.redpressures.co.uk) or call **077 9452 3737** today?