



FIRST STEPS BACK TOWARDS THE WORKPLACE

MOVING TOWARDS WORK

A **FREE** 6 week course to build your confidence, wellbeing and employability skills through 'positive psychology' after a period out of the workplace.

THE COURSE INCLUDES:

- **CONFIDENCE BUILDING**
- **INTERACTIVE SESSIONS WITH BUSINESSES**
- **HELP TO IDENTIFY YOUR UNIQUE SKILLS AND TALENTS**
- **SUPPORT WITH NEXT STEPS INCLUDING EMPLOYMENT PATHWAYS AND VOLUNTEERING**

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, The Education and Skills Funding Agency and the European Social Fund.

*NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.
Charity Registration Number 1059672*

COURSE INFORMATION

This course takes place **2 days** a week, **3 hours** a session.

NEXT START DATES:

23rd September 2021

9th November 2021

Who?

The course is ideal for:

- Have recently needed to return to employment
- Have significant gaps in employment
- Are facing multiple barriers to employment
- Are struggling with low confidence or experience stress and anxiety when considering going back to work

Booking

Please contact us to book a place a place for the next available date.



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