



RETURNING TO WORK AFTER CHILDCARE

# WOMEN RETURNERS

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

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## THE COURSE INCLUDES:

- **CONFIDENCE BUILDING**
- **INTERACTIVE SESSIONS WITH OTHER JOB SEEKERS**
- **HELP TO IDENTIFY YOUR UNIQUE SKILLS AND TALENTS**
- **SUPPORT WITH NEXT STEPS INCLUDING EMPLOYMENT PATHWAYS, FURTHER EDUCATION 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  
**TUESDAYS** and **THURSDAYS , 10:00-13:00**

## NEXT START DATES:

21st September 2021

## Who?

The course is ideal for **women** that:

- Have not worked for a significant period of time.
- Face multiple barriers to employment or have low confidence.
- Experience stress and anxiety when considering going back to work
- Want to connect with other women who are in similar situations.

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## Booking

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



[academy@noahenterprise.org](mailto:academy@noahenterprise.org)



**01582 726 152**