



PROGRESSING INTO WORK

If you are actively seeking work and are eager to find your new role, then this course is for you.

A six week course to help you to develop your confidence, improve your employability skills and convert applications and interviews into **real job opportunities**.



The course includes:

- ▶ Empowerment sessions to **build your confidence** when applying and interviewing for jobs
- ▶ Skills sessions with businesses and voluntary organisations including **mock interviews and work placement opportunities**
- ▶ Practical support to help you to **identify and overcome any barriers**
- ▶ **Practical help** to create tailored versions of your **CV**, develop an **action plan**, **search for work online** and **prepare for interview**

COURSE INFORMATION

This course runs on Monday mornings 9.30 -12.30 and Tuesday afternoons 13.00-16.00 at **Bedford CVS Centre, 43 Bromham Road, MK40 2AA**. Upcoming course start dates are as follows:

Monday 8th January 2018

Monday 19th February 2018

Monday 16th April 2018

Monday 4th June 2018

Who is the course for?

The course is **FREE** for people who are unemployed and is ideal for those who:

- **Are JSA or UC claimants**
- **Are actively looking for work and want to take those first steps into employment**
- **May not have worked for a significant period of time**
- **Want to improve confidence and self esteem in applying for jobs**
- **Want help and support to be in applying for jobs and**

Interested?

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