

Looking to Make the Most of Your Time at Home?

These online workshops will give you the opportunity to find out more about...

- your interests
- what you are good at
- what motivates you
- options available to you for your future learning or work
- Four sessions delivered over two weeks
- To take part internet access is required



January, February and March start dates available

Contact Dominique Curran on 07812 971816 for more information

““

I wasn't too sure what to expect going on the session but I found it very useful indeed.

““

The various topics discussed were very relevant for my need of gathering momentum to get back into career. The group sessions and activities also gave me the opportunity to meet new people and their approach to some of the questions discussed.

““

As a busy mum, the zoom sessions gave me the opportunity to join the sessions from my home. The host also made things easier to understand and made the session very engaging. Glad I enrolled in the course.

““

Everything that I learnt in the training was helpful and the groups were a great way of getting everyone working together. I had the discussion on how to move forward. I learnt new skills and hoping to take them with me into work.