



MOVING TOWARDS WORK

A FREE six week course for people experiencing barriers to employment. The course will help you to build your confidence, explore possible routes into employment, and help you to plan a way forward.



The course includes:

- ▶ Empowerment sessions to **build confidence** and help you to move closer towards work
- ▶ **Interactive sessions with businesses** and voluntary organisations to help you to build **self esteem**
- ▶ Sessions to help you to identify your **unique skills and talents**
- ▶ Support to identify **next steps** including potential employment pathways and volunteering opportunities that may provide access to these routes

COURSE INFORMATION

This course runs on Tuesday and Thursday mornings 09:30—12:30 at **Bedford CVS Centre, 43 Bromham Road, MK40 2AA**. Upcoming course start dates are as follows:

Tuesday 9th January 2018

Tuesday 20th February 2018

Tuesday 17th April 2018

Tuesday 5th June 2018

Who is the course for?

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

- Are ESA claimants
- Have not worked for a significant period of time
- Face multiple barriers to employment
- Lack confidence and self esteem
- Experience stress and anxiety when considering going

Interested?

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