

THE NOAH ACADEMY

TRAINING AND EMPLOYMENT



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
- ▶ Work experience placement for suitable candidates

Luton
Adult Learning



Education & Skills
Funding Agency

COURSE INFORMATION

This course will take place at the NOAH Academy in Hightown, and will run for a half day on a Thursday and Friday, with new groups beginning on the following dates:

Thursday 9th November 2017

(Sessions 1pm—4pm, Thurs and Fri)

Thursday 11th January 2018

(Sessions 1pm—4pm Thurs and Fri)

Thursday 1st February 2018

(Sessions 09.30am—12.30pm Thurs and Fri)

Friday 2nd February 2018

(Full day session 09:30—16:00)

Thursday 22nd February 2018

(Sessions 1pm—4pm Thurs and Fri)

Thursday 15th March 2018

(Sessions 09.30am—12.30pm Thurs and Fri)

The course is ideal for those who:

- Are ESA claimants or who have recently come off ESA
- 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 back to work

Interested?

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