



PROGRESSING TOWARDS WORK

A **FREE** six week course, supporting people that are experiencing barriers to employment to develop confidence and move towards finding work. The course will explore possible job pathways for you 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 work 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 26th September 2017

Tuesday 7th November 2017

Tuesday 9th January 2018

Tuesday 20th February 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 back to work

Interested?

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Flyer updated: 04/09/2017