

2018 –2019 COURSES | LUTON



NOAH
ENTERPRISE

DIGITAL LEARNING FOR BEGINNERS

Learn to create a document or CV, use the internet and email, search for work online, and use online storage. *Four weeks, Mondays & Wednesdays 09:30 - 12:30. Courses start monthly.*

CREATIVE CONFIDENCE

Learn craft techniques and meet new people in a relaxed environment
Five weeks, Mondays 1.30 - 4.30. Courses start monthly.

MOVING TOWARDS WORK/ WOMEN RETURNERS

Build your confidence, wellbeing and employability skills through 'positive psychology' after a period out of the workplace. *Six weeks, two half days per week on Mondays and Thursdays, Courses start monthly*

PROGRESSING INTO WORK

An intensive employability skills course, with a work experience placement, mentoring and input from local employers.
Twelve weeks, four days per week, recruitment is ongoing.

ESOL AND EMPLOYABILITY

Improve your English while also gaining practical work experience and receiving mentoring support. Courses are designed for learners who are at pre- entry level (below level 1). *Twelve weeks, four days per week. Recruitment is ongoing.*

IT FOR CONFIDENCE

Master basic IT skills and use technology to connect with others, while learning relaxation and wellbeing skills to manage stress and anxiety. Learning is delivered in a small and supportive group. *Four weeks, Tuesdays and Fridays 09:30 - 12:30.*

PERSONAL GROWTH AND WELLBEING

Learn relaxation and wellbeing skills to manage stress and anxiety, and set goals to reach your potential. Learning is delivered in a small and supportive group.
Four weeks, Tuesdays and Fridays 09:30—12:30.

NOAH'S KITCHEN (BASIC COOKERY)

Learn simple home cookery skills over 5 weeks.
Five weeks. Attendees have a choice of attending either Tuesday or Thursday sessions. A pre assessment is required.

FREE to eligible participants

academy@noahenterprise.org

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Luton
Adult Learning




Education & Skills
Funding Agency



**INVESTORS
IN PEOPLE**



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