



MOVING TOWARDS WORK

Build your confidence, wellbeing and employability skills through 'positive psychology' after a period out of the workplace.

A FREE six week course.



The course includes:

- ▶ Confidence building sessions
- ▶ **Interactive sessions with businesses**
- ▶ Help to identify your **unique skills and talents**
- ▶ Support to identify **next steps** including potential employment pathways and volunteering

“I feel more confident about myself, and I have learned more about what I am capable of”

- GH, a previous learner on the moving towards work course

COURSE INFORMATION

This course will take place at the NOAH Academy in Hightown, and will run on Monday and Thursday 09:30 - 12:30, with new groups beginning on the following dates:

Monday 29th October 2018

Monday 18th February 2019

This programme also runs in Dunstable for residents of Central Bedfordshire. Call for more details.

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
- Struggle with low confidence
- Experience **stress and anxiety** when considering going back to work

Interested?

01582 726152

academy@noahenterprise.org

CONTACT ADDRESS: NOAH Academy, 20-22 High Town Road, Luton LU2 0DD

Charity Registration No. 1059672

Flyer updated: 17/07/2018