



# MOVING TOWARDS WORK FOR WOMEN RETURNERS

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



## 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 7th January 2019**

**The course is ideal for women who:**

- May have not worked for a period due to caring responsibilities
- 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?**

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Flyer updated: 05/09/2018