

A 5-day interactive programme for 18-24 year olds to tackle personal barriers to employment

The Programme

This is a 5-day programme designed to work on commitment mindset to increase readiness and prepare participants for the employment journey ahead. Participants will complete 4 days of consecutive training, followed by a one-day review session after 4 weeks.

Learning Outcomes

Participants will improve awareness and learn skills in the following areas:

Communication & Connection

- Interpersonal skills, listening skills
- Team-working
- Motivation and effort

Confidence & Self-Esteem

- Comfort & stretch zones
- Assertiveness
- Seeking support

Challenging the Negative

- Notice and name your thoughts
- Challenging self-talk
- Reframing negative to positive
- Managing your reactions through Event/Mind/Reaction

Strengths & Weaknesses

- Self-awareness and self-reflection
- Giving & receiving feedback

Dealing with Change

- Identify what you can control
- Mindfulness and focus
- Aligning actions with values

Goal Setting & Commitment

- Planning and goal setting
- Building commitment to goals
- Seeking support on goals and checking in

What's been said about this programme?

Our participants got so much from this programme! Our aim with commissioning this training was to help people furthest from the job market to develop skills that will help them make the first steps towards employability. (Louise, ClwydAlyn).

This course had a massive positive effect on our interns and we have already seen differences in the past few weeks. One of our interns now doesn't say no to something new - she gives it a go! This course not only highlights strengths as an individual but also how you can work within a team better using different ways to communicate. (Louise, HFT)

It can be a challenging course but you don't feel it is due to having such fun and wanting to be involved! (Abi, HFT)

We can't thank you enough for the excellent delivery of this programme - it was pitched at the right level for our interns to enjoy and get the most out of the experience. Our interns came away feeling great and on top of the world! (Abi, HFT)

Our clients have fed back that this is best course they have attended in ages - and have asked to be put forward for further courses like this. We felt it was relevant to our customers, easy to follow, engaging and fun too! I would personally recommend this course. (Chris, ClwydAlyn)

The course made me realise I had more confidence than I thought and I enjoy learning new things. I learnt how to work better in a team, how to listen, and how to compromise. Everyday I am going to remind myself to stay positive. (Ryan, Course Participant)

I really enjoyed this course. The trainers really listened to us and helped us. I feel more motivated to get up early, get ready for the day, meet new people and keep busy. (James, Course Participant)

Benefits for participants - do any of these appeal TO YOU ?

- learning through fun and challenging activities
- find out my own strengths and areas I want to improve
- learn how to challenge my negative thoughts
- learn about what motivates me
- get better at communicating
- improve the way I respond to setbacks
- set some goals and make a plan of action
- find out where I can ask for help
- have fun working on tasks in a group
- a chance to take part in a fun and exciting team challenge with other people my age
- come away feeling better about myself
- improve my chances of getting a job that is right for me