



# get READY FOR WORK

## Free course

This free course is for people who want to build their confidence and get back into the workplace. This 5 day course will cover topics such as:

*Confidence & Motivation - Get it, Build it, Keep it!*  
*Reviewing your skills and strengths, discover your true value*  
*Finding the job or career you want. Could you be the boss?*  
*Identifying any gaps in skills or training needs*  
*Action Planning and preparing for interviews, getting a YES.*

By the end of the sessions you will have a plan of action & know the next steps you need to take to get back into work.

Monday 23<sup>RD</sup> September to Friday 27<sup>TH</sup> September 2019 (9:30-4:30pm)  
OR  
Monday 25<sup>TH</sup> November to Friday 29<sup>TH</sup> November 2019 (9:30am - 4:30pm)  
OR  
Monday 27<sup>TH</sup> January 2020 to Friday 31<sup>ST</sup> January 2020 (9:30am - 4:30pm)  
OR  
Monday 23<sup>RD</sup> March to Friday 27<sup>TH</sup> March 2019 (9:30am - 4:30pm)  
OR  
Monday 8<sup>TH</sup> June 2020 to Friday 12<sup>TH</sup> June 2020 (9:30am - 4:30pm)  
OR  
Monday 27<sup>TH</sup> July 2020 to Friday 31<sup>ST</sup> July 2020 (9:30am - 4:30pm)

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To enrol or for further information please contact Ed Browne

Telephone: 01793 511 665 Email: [mtc@newcollege.ac.uk](mailto:mtc@newcollege.ac.uk) [www.facebook.com/MTCswindon](https://www.facebook.com/MTCswindon)