

Taking the Next Step

WHERE 95 Albert Street,
Brunswick

BOOKINGS Contact Jo Doyle on 9356 8600
for any enquiries or to enrol in
course.
Bookings Essential



Course Commencing 7th March 2018

Do you need support to gain confidence in searching and applying for work?

Taking the Next Step Program is designed to assist people who may struggle with motivation and confidence when seeking work.

This course will include:

- Addressing barriers such as self-confidence, routine, health issues, awareness of rights in the workplace, and motivation.
- Managing anxiety and depression
- Strategies to focus on the positive and challenge the negative
- Improving communication skills
- How to work in a team environment
- Benefits of employment and / or education
- Getting ready for that job – personal care, clothing, what to say in an interview and overcoming nerves.

Course Fees

Tuition Fee:	\$25.00
Concession:	\$5.00
<i>Eligibility Applies.</i>	

Course Duration

Days: Wednesday
6 sessions
Time: 9:30am to 2:30pm
Commencing on the 7th March 2018
Lunch provided.

