

Stepping Stones**Motivation and self-esteem training mornings**

A series of free short courses designed to boost your motivation and self esteem, whether you're looking for a job or further education or if you just want to feel more confident about your skills and potential.

Where are they, and at what time?

The sessions are being run twice a week at Citylife House in Sturton Street (by the Grafton Centre in Cambridge). So you can choose which day suits you best – Mondays or Fridays. The classes are from 10.30 until 1pm. **Lunch will be provided.** Come to all 11 or choose the ones which fit your needs.

Workshop title	Mondays	Fridays
Choose your attitude	5 February	9 February
You <u>can</u> do it	12 February	16 February
Train your brain	19 February	23 February
Know what you're good at	26 February	2 March
Selling yourself	5 March	9 March
Better letters	12 March	16 March
Winning interviews	19 March	23 March
Your working life	26 March	30 March
Looking the part	2 April	13 April
Being safe at work	16 April	20 April
What bosses want	Details overleaf	27 April

Who can go?

Anyone can take part in these sessions! Whether you've been in touch with Red2Green before or not. There are no long enrolment forms, and no screening. Just join in.

What will I get out of the sessions?

You can find out more about yourself, so you can 'sell yourself' to employers and colleges, or even just feel more confident about who you are.

Signing up is easy! To sign up or get more information, just ring a member of Red2Green's Stepping Stones team on 01223 811662

Go on give it a go!

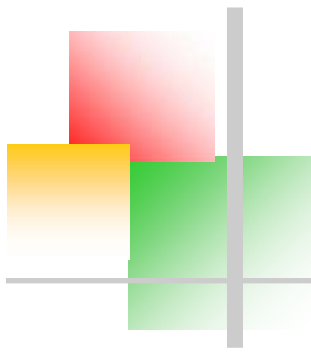


Stepping to a bright future

Registered charity no: 1112429

This project is supported by the Greater Cambridge Partnership and East of England Development Agency





More about the Stepping Stones training mornings

Choose your attitude (Monday 5 or Friday 9 February)

Get some tips on how to 'choose your attitude' and make positive choices in your life. Improve your self esteem and motivation to get you where you want to be.

You can do it (Monday 12 or Friday 16 February)

Ever find yourself doing something you didn't really want to? Come to this training morning to increase your assertiveness and do what you want to do.

Train your brain (Monday 19 or Friday 23 February)

Not great in big classroom settings? There are other ways to learn - come and find out which suit you best.

Know what you're good at (Monday 26 February or Friday 2 March)

Everyone has talents, this session will help you to identify yours!

Selling yourself (Monday 5 or Friday 9 March)

Learn how to write successful CVs, job applications and covering letters. By writing a clear and informative application, you stand the best chance of getting an interview for that college place or job you fancy.

Better letters (Monday 12 or Friday 16 March)

Expressing yourself on paper is a really powerful skill - come and find out how to write clear and concise letters and make a good impression.

Winning interviews (Monday 19 or Friday 23 March)

Get some top tips on interview skills so you come across as confident and win the job you want.

Your working life (Monday 26 or Friday 30 March)

Learn about what employers are looking for in their staff, and how to succeed day to day at work.

Looking the part (Monday 2 or Friday 13 April)

Fitting in at work or college, and presenting yourself to your best, is so important - get some tips at this training morning.

Being safe at work (Friday 20 April)

Find out all about what you and your employer can do to follow health and safety rules in the workplace.

What bosses want (Monday 23 or Friday 27 April) at Red2Green, Harvey's Barn, Park End, Swaffham Bulbeck, Cambridge CB25 0NA. Tel: 01223 811662

Come and hear from real life bosses about what they're looking for in their staff. Your chance to ask them questions!