



Well to Work 2014

Day 1

- Motivation
- Goal Setting
- Visualisation
- Job Search tips
- Interview Skills
- Boost Confidence
- Manage Health
- Barriers to employment
- Action Plan



Each group will have up to 10 people to ensure that everyone has essential time and support to work with their own goals.

We hope you will feel able to talk freely within the group, should you wish to; so we adhere to a code of confidentiality.

What you get out of the course is up to what you put in to it so please enter into the group with an enquiring mind, enthusiasm and honesty.

Whilst in the group please treat others with respect and allow each person time to speak and appreciate others point of view.



Lifemot community interest company



@lifemot

info@lifemot.co.uk