

- Out of work for a long period of time and looking for direction?
- Would you like to boost your confidence & self esteem?
- Have you suffered a set-back in life and want to get active again for work or social purposes?
- Are you experiencing emotional and/or mental challenges?
- ✓ Towards Occupation is designed to help participants who are out of work for a long period of time and/or have suffered a set-back in life and want to get active again for work or social purposes.
- ✓ It is also aimed at people who are experiencing emotional and / or mental challenges & need to boost their confidence & self-esteem.
- ✓ This ten-week course will include life skills, personal/skills assessment & development, creative arts, practical skills, introduction to employment supports and is tailored to suit the interests and needs of the group.

### W.R.A.P. Programme Wellness • Recovery • Action • Planning

- Are you finding it difficult to move on after unemployment?
- Feeling Lonely, Isolated and Vulnerable?
- Would you like to discover new ways to take control of your life
- ✓ In just five sessions, learn practical techniques you can use immediately and get information on supports you can avail of in Midleton and Cobh.
- ✓ The 5 sessions will include an introduction to the course. identifying needs; identifying stresses, vulnerabilities and strengths; mindfulness and relaxation. Participants will also receive a WRAP handbook

#### Confidentiality is assured at all times



# **Opportunities Mornings**

2015

## **Training, Employment** & Enterprise Supports

For more information on SECAD & how we can help you: T: 021 4613432

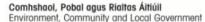
E: info@secad.ie













#### **Opportunities Mornings**

- ✓ Meet representatives from the agencies who can take you through your options & the opportunities available to you in your local area and further afield:
  - Dept of Social Protection
  - Cork Education & Training Board
  - Cork Training Centre
  - Cork City & County Volunteer Centre
  - Skillnets
  - SECAD
- ✓ Listen to motivational speakers who will talk about setting goals, self-motivation and how to move forward with confidence.

Monday, 23rd March: Sirius Centre, Cobh

Tuesday, 24<sup>th</sup> March: Cumann na Daoine, Youghal Wednesday, 25<sup>th</sup> March: Pipe Band Hall, Carrigaline Thursday, 26<sup>th</sup> March: Midleton (venue to be confirmed) Friday, 27<sup>th</sup> March: Ballincollig (venue to be confirmed)

10.00 am - 12.00 pm

#### Time to Change Programme

✓ Free <u>9 week course</u> designed to help participants who want to find employment, return to education or training or to start their own business.



- Enabling people to decide what their next step should be.
- ✓ Focus on helping people to set goals & create a plan for the future.
- ✓ Session on the financial supports that are available for people who wish to return to education or to start their own business.
- ✓ Jobs schemes are explained and information is provided on how to access them.
- ✓ Session on how to prepare a CV & how to prepare for an interview.
- ✓ One to one support.

#### AIR<sup>2</sup> Programme

- 10 Module Business Start-up programme with FETAC accreditation option delivered in conjunction with DSP
- The first three sessions will help you identify your entrepreneurial traits, assess whether you are ready to be your own boss, identify training gaps, set goals, assess your business idea.
- ✓ The final seven sessions will cover business planning, assessment of commercial viability of your business idea, legal, financial, networking and marketing aspects of setting up your business.

#### **Basic Computer and Internet Training**

- ✓ Do you find using a computer and the internet a daunting task?
- √ Would you like to learn the basics of using a computer and the internet?
- √ Would you like to learn how to send & receive an email?
- √ How about surfing the web or learning how to shop on-line?
  Discover on-line job seeking resources

#### SECAD One to One Employment Advice Service

Do You Need Help With....

- Career Planning
- Looking for a job
- CV Preparation
- How to start your own business
- Application Forms & Letters
- Interview Techniques and Preparation
- Finding out about & applying for courses
- What different agencies or organisations can do for you

#### The service:

- ✓ can help you get back on your feet and build your confidence
- ✓ can help you explore your options.
- ✓ is free and is totally confidential.

This service is by appointment only.

Call SECAD at 021 4613432 to make an appointment