

## **National Careers Service: Open Access Redundancy Support Workshops**

Many people faced with the task of finding a new job or seeking a career change there are several obstacles to overcome; searching for a job, writing a good CV, succeeding in the interview, updating skills and qualifications.

Our support will provide you with the self-confidence, motivation and skills to help you achieve your goals.

Our professional Careers Advisers provide free up to date, impartial information and advice to help you move on in work and life.

### **This workshop is for:**

Adults who are either:

- At risk, under consultation or under notice of redundancy
- Or
- Have been made redundant in previous 13 weeks

### **The workshop will cover the following:**

- Understanding emotional effects of redundancy
- Identify training needs and access to funded training provision, DWP Rapid Response, SSR
- CV preparation, examples and 'Applicant Tracking Systems'
- Networking and job search - How to maximise your chances and potential
- The job market – opportunities, sectors and trends
- Social Media platforms
- Interview tips and techniques, confidence and body language

### **Benefits for participants**

- Increased confidence and motivation
- Referral to sources of funded training to update skills.
- High quality resources including Careers Transition Workbook
- Access to online resources and self-help tools on National Careers Service website
- Follow up support available

### **The workshop will run weekly as follows:**

- **Wed 11.00-13.00**

### **Additional Information**

The sessions are delivered using the MS Teams virtual platform. Participants must have access to a smart device such as a smartphone, tablet or laptop etc. Joining instructions will be sent out, including the link to the session 24hrs in advance. All will receive associated resources and a copy of the presentation.

### **Referrals**

To book a place, email [NationalCareersServiceNCC@futuresforyou.com](mailto:NationalCareersServiceNCC@futuresforyou.com) or telephone **0800 917 9419**