

**LOOKING TO
GET INTO
WORK??**

**STRUGGLING
TO SUSTAIN
EXISTING?
WORK?**

Looking to get into work?

Changing career?

Returning to work after a break?

Struggling to sustain existing work?

Volunteer Edinburgh's map course is designed to help you improve your employability by building confidence, self-esteem and communication skills.

The course dates are:

Tu 24 Feb., 10.00am - 13.00pm

We 25 Feb., 10.00am - 13.00pm

Th 26 Feb., 10.00am - 13.00pm

The course will cover

Evaluation of your current situation and assessment of skills & values

Confidence and transferable skills

CVs and job interviews

Post course options

Individual one-to-one employability coaching

Help to secure volunteering and/or employment

The course includes individual self-reflection, combined with group work, constructive questioning, discussion and feedback.

If you would like to find out more please get in touch via email or give us a call and ask for Sophia.