

**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 23 June, 10.00am - 13.00pm

We 24 June, 10.00am - 13.00pm

Th 25 June, 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.

Please note: A minimum English level of B1/B2 (Intermediate to Upper Intermediate) is required to fully participate in this course.