



MOVING CLOSER TO WORK

This one day workshop will help you to:

- Overcome barriers
- Improve your wellbeing
- Create an action plan to move forward
- Realise your potential and achieve your goals



We can help with **FREE** training support at the NOAH Training and Employment Academy in High Town, Luton. Learn at a comfortable pace in a relaxed and friendly environment.

Funded by



Skills Funding
Agency

Funded through The Bedfordshire and Luton Community Learning Trust



Luton
Adult Learning

COURSE INFORMATION

**This one day workshop runs on a Monday
from 9.30am to 3.00pm**

Upcoming course start dates are as follows:

- **Monday 17th July 2017**
- **Monday 24th July 2017**

Each workshop will include two 3hr sessions through which you will be guided through the following areas:

- How to improve your wellbeing
- Creating a step by step plan to achieve your goals
- Creating a CV for the future
- Identifying experiences to help you reach your goals

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Charity Registration Number 1059672

Course information updated 13/07/2017