

# Group Sessions

*We are happy to write any required group sessions, deliver and create session plans.*

These will take place with **qualified careers advisers** which means real expertise.

**Popular Group sessions/ workshops include;**

## **Resilience Workshop**

A useful guide to integrating resilience in both personal and business lives. To cope with change in a positive way

## **Work Ethics**

Targeted at clients returning to work. This explores employer's expectations and correct behaviours

## **Lone Parent Groups**

Highlights the benefits of being a working parent, options available and confidence and motivation

## **CV and spec letter Workshop**

Creating a CV and Spec letter whilst explaining the need for them and the way employers view them.

## **Introduction to NCS**

An overview of our service, hints and tips throughout and the option to ask us questions

## **Redundancy Workshops**

Covers a variety of subjects, CV's, Interview skills, selling yourself, resilience and confidence and motivation.

**Sector Specific groups**

This could be for any sector, such as Care, Retail, Construction, Hospitality and Christmas temping.

**Apprenticeships**

How apprenticeships have moved on through time and the positive outcomes that can be achieved.

**Benefits of Volunteering**

Exploring career options through this method, what will be gained and building confidence to move forward.

**50 plus Sessions**

Advantages of this workforce, confidence and motivation, career exploration and employers views

**Effective Job searching**

Exploring the hidden job market, where and how to look for and apply for jobs through various methods

**Youth Workshops**

Exploration of options, work ethics, selling yourself, benefits of apprenticeships, volunteering or placements

**Interview Skills**

Employer's expectations, looking at different types of interviews with hints and tips throughout

**Exploring Barriers**

Looking at common reasons customers find it hard to find employment and exploring solutions