

Course details

Course title

Personal Development: Future Goals: #RealTalk

Course code

Q00018852

Course date

Start: 16/10/24

End: 20/11/24

Number of classes

5 sessions

Timetable

Wed 16th Oct, 12:30 to 15:30

Wed 23rd Oct, 12:30 to 15:30

Wed 6th Nov, 12:30 to 15:30

Wed 13th Nov, 12:30 to 15:30

Wed 20th Nov, 12:30 to 15:30

Tutor

Jayne Evans

Fee range

Free to £52.50

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

The Old School Building (Wolverhampton)
The Old School
73 Dudley Road
Wolverhampton
WV2 3BY

Course overview

This course is aimed at supporting unemployed young adults who experience common mental wellbeing problems, into positive outcomes. The programme will support individuals to move on into employment, addressing their barriers and identifying their employability needs. Throughout the course you will build upon your self-esteem and confidence, as well as building your ability to confidently speak in public. You will also think about your long-term career goals and how to work towards them. This programme will be designed to support young people in Wolverhampton who are experiencing health and wellbeing barriers to accessing employment, learning and opportunities to progression. This programme has been created in collaboration with the City of Wolverhampton Council and is funded by the West Midlands Combined Authority.

Course description

This course is aimed at supporting unemployed young adults who experience common mental wellbeing problems, guiding them toward positive outcomes. The programme will assist individuals in transitioning into employment by addressing their barriers and identifying their employability needs. Throughout the course, participants will work on building their self-esteem and confidence, as well as enhancing their ability to speak confidently in public. Additionally, they will reflect on their long-term career goals and develop strategies to achieve them.

The programme is specifically designed to support young people in Wolverhampton who face health and wellbeing challenges that hinder their access to employment, learning, and opportunities for progression. This initiative has been created in collaboration with the City of Wolverhampton Council and is funded by the West Midlands Combined Authority.

The programme content includes modules on self-esteem and motivation, public speaking and communication, and goal setting through vision boards. Participants will benefit from sessions with guest speakers and employers, gaining insights into various career paths. Preparation for work and an introduction to the world of work are integral parts of the curriculum. Comprehensive wrap-around support will be provided to ensure participants have the resources and guidance they need.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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