

Employment Support & Wellbeing Workshops in partnership with IAPT and Shaw Trust (2022 T2)



Making value-based career decisions

Start Date	Day of Course	Time	Duration	Fees	Course Code
14 Jan 2022	Friday	10:00 – 12:00	1 day	Free	EMP21/9130

Reflecting on transferable skills & self-esteem

Start Date	Day of Course	Time	Duration	Fees	Course Code
21 Jan 2022	Friday	10:00 – 12:00	1 day	Free	EMP21/9131

Building a CV and Managing low mood

Start Date	Day of Course	Time	Duration	Fees	Course Code
28 Jan 2022	Friday	10:00 – 12:00	1 day	Free	EMP21/9132

Overcoming Stress and Managing Employment challenges

Start Date	Day of Course	Time	Duration	Fees	Course Code
04 Feb 2022	Friday	10:00 – 12:00	1 day	Free	EMP21/9133

Interview anxiety and returning to work

Start Date	Day of Course	Time	Duration	Fees	Course Code
11 Feb 2022	Friday	10:00 – 12:00	1 day	Free	EMP21/9134

To enrol use the HALS Web.Enrol link: <https://www.webenrol.com/hals/?page=courses>



All courses will take place online using MS Teams, joining instructions will be emailed to learners once enrolled.



Contact for more details: fatma.mehmet@haringey.gov.uk

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