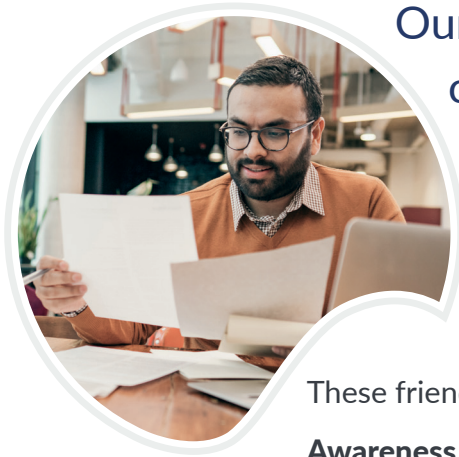




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# Helping you to engage...



Our programmes empower people to take control of their lives and enable them to fulfil their potential. We strive to give our clients the tools to transform their lives and create a positive future.

These friendly training sessions focus on;

#### **Awareness of strengths and barriers** (Group)

Goals to achieve:

- Promote self-awareness
- Self-belief in current strengths
- Identifying potential barriers

#### **SMART Targets** (Group)

Goals to achieve:

- What are SMART targets?
- Short term, medium term and long term
- Create SMART related to work and wider aspects to life

#### **Core values** (Group)

Goals to achieve:

- Values for working together and professional behaviours
- Self-reflection values
- The meaning of values

#### **Communication** (Group)

Goals to achieve:

- Open communication
- How we communicate
- Questioning

All programmes are delivered by experienced Motiv-8 consultants.



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# Equipping you to succeed...



Our programmes empower people to take control of their lives and enable them to fulfil their potential. We strive to give our clients the tools to transform their lives and create a positive future.

These friendly training sessions focus on;

#### **Identifying and addressing barriers to work** (Group)

Goals to achieve:

- Identifying barriers
- Address barriers via action plan, SMART targets or additional support (signposting)
- Progression and review these barriers

#### **Realistic job targets** (Group)

Goals to achieve:

- Expectations of Job market and industry
- Target specific to customers skills set
- Create job targets

#### **Skill development** (Group)

Goals to achieve:

- Identify personal skills and a pathway of developing those skills further
- Identify previous qualifications untaken and further development of key qualifications (PC required)
- Customer to receive signposting, work experience and drop-in sessions

#### **Employment ready** (1-2-1) (PC)

Goals to achieve:

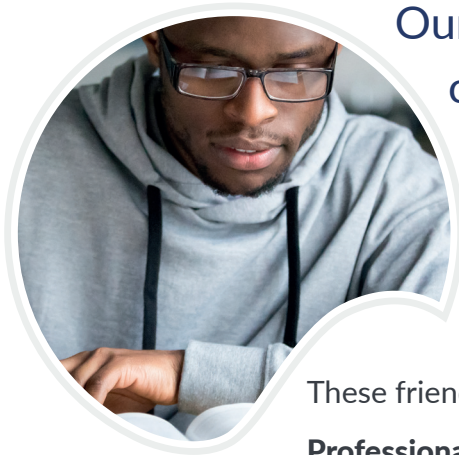
- Long term career targets
- Career pathway

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# Preparing you for work...



Our programmes empower people to take control of their lives and enable them to fulfil their potential. We strive to give our clients the tools to transform their lives and create a positive future.

These friendly training sessions focus on;

**Professional profile (PP) (Group)**

Goals to achieve:

- Review CV's
- Requirements of a CV
- Create or develop customer CV's

**Job application support (1-2-1) (PC)**

Goals to achieve:

- Use action plan to identify area of work and customer preferences
- Research localised job opportunities
- Apply for jobs

**Interview skills (Group) & mock interview (1-2-1)**

Goals to achieve:

- Interview skills and techniques
- Potential styles/assessments interviewers may use
- Experience a mock interview

**Employment ready (1-2-1) (PC)**

Goals to achieve:

- Search for job opportunities
- Apply for jobs
- Seek employment

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