

GROW

citizens
advice

Getting Ready for Opportunities and Work



Workshop Taster Sessions

May - June 2021

GROW

Getting Ready for Opportunities and Work



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Citizens Advice Halton (the operating name of Halton Citizens Advice Bureau). Registered office: Unit 3 Victoria Building, Lugsdale Road, Widnes, Cheshire, WA8 6DJ. Company limited by guarantee registered number 5346702, England Charity registration number 1118300

For people who are 18+, living in Halton, not in work, education or training



GROW

Getting Ready for Opportunities and Work

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GROW is a range of 1-2-1 support, workshops, and online learning from Citizens Advice Halton to help people grow their confidence, skills, readiness for new opportunities like jobs, managing money, and more.

GROW is for people who are:

- 18+
- Living in Halton
- Not in work, education or training

The **GROW** support is a grouping of European funded projects that focus on work readiness related support, and includes:

- Directions Project
- New Horizons Project
- Building Better Opportunities Project



GROW Workshop Taster Sessions

Our **GROW Taster sessions** are designed for you to get a feel for what our **GROW** workshops are like, and how the **GROW** support will benefit you.

Whether you're looking to boost job searching, or want to get your motivation mojo back after a year of lockdown, we have a **GROW** workshop to suit you wherever you are in your employment journey.

The Taster sessions will:

- Help you identify the things that you need support with
- Let you meet our fabulous team
- Give you information on signing up for the **GROW** support and full workshops.



GROW your motivation - how to get your mojo back after a year of lockdown

Thursday 20th May 2021, 10.30am, on Zoom

We all know how hard it is to motivate ourselves – be it to lose weight, go to the gym, or to find training or jobs. During lockdowns, with so much uncertainty, stress, and long days with nowhere to go, it's been even harder than ever to get motivated.

This Taster session will:

- give you some tips to help you start to get your mojo back
- help you start thinking about working towards some small achievable goals, rather than placing too much pressure on yourself.

To book on this event visit Eventbrite: [GROW your motivation – Taster Session](#)

GROW your confidence - how to develop self-confidence and keep on building it

Thursday 13th May 2021, 10.30am, on Zoom

Having a healthy level of self-confidence is important at most times in our lives – but at the moment, faced with the stresses of a global pandemic, or if you have recently lost your job, or you're worrying about increased competition in the job market, it's more important than ever to focus on your self-confidence.

This Taster session will:

- help you understand what self-confidence is
- give you some tips to start working towards building your self-confidence

To book on this event visit Eventbrite: [GROW your confidence - Taster Session](#)





GROW your CV writing skills - how to make your CV stand out from the rest

Tuesday 8th June 2021, 10.30am, on Zoom

For most people, the thought of writing a CV can seem like a nightmare – but a good CV is an important tool to help you get an interview, where you can show employers who you are and what you're capable of.

This Taster session will:

- look at some common pitfalls when writing a CV
- give you some tips for writing stand-out CVs

To book on this event visit Eventbrite:

[GROW your CV writing skills – Taster Session](#)

GROW your learning - how to get the best from online learning opportunities

Thursday 27th May 2021, 10.30am, on Zoom

Even as things start getting back to 'normal', chances are most learning opportunities will have changed, and more learning will be delivered online. While we all know face-to-face learning is great for asking questions, having conversations, and feeling focused on learning, online learning can have its advantages too.

This Taster session will:

- help you think about some of the advantages of online learning
- give you some tips for learning online

To book on this event visit Eventbrite: [GROW your learning – Taster Session](#)





GROW your job searching - how to find that perfect job match

**Thursday 10th June 2021,
10.30am, on Zoom**

After a year of lockdowns and high numbers of redundancies and businesses closing down it would be easy to feel despondent about your job searching.

But there are jobs out there, so what can you do to help focus your energies on job searching?

This Taster session will:

- look at some of the barriers to job searching
- give you some top tips for kick-starting your job searching

To book on this event visit Eventbrite:
[GROW your job searching – Taster Session](#)

GROW your job applications - how to sell the best version of you

Tuesday 15th June 2021, 10.30am, on Zoom

Like writing a good CV, writing a good job application isn't easy. But there are a range of tried and tested tools you can use to make your applications easier to tackle, and to write them to reflect the best version of you.

This Taster session will:

- look at some common barriers to writing job applications
- help you understand how to show yourself in the best light in your job applications

To book on this event visit Eventbrite:

[GROW your job applications – Taster Session](#)





GROW your interview skills - how to shine in front of the panel

Thursday 17th June 2021, 10.30am, on Zoom

When you're job searching, getting an interview is half the battle. Getting to the interview stage is a big achievement and something to feel really good about. And then your nerves kick in. There are ways to prepare for interviews that will help you settle some of your nerves and help you shine.

This Taster session will:

- look at some common barriers to doing great interviews
- help you work out a plan for preparing for interviews, so you can focus on shining in front of the interview panel

To book on this event visit Eventbrite:

[GROW your interview skills – Taster Session](#)

GROW your budgeting skills - how to make the most of your money

Tuesday 22nd June 2021, 10.30am, on Zoom

This lockdown year has been a year of us not really feeling in control of anything. Add money worries to that, and it's easy to just bury your head in the sand and wait for it all to be over. But working on a budget, and doing your best to stick to it, can be a great way to feel just a little bit more in control.

This Taster session will:

- help you understand how simple budgeting can help you feel more in control
- help you take steps to get ready to do a budget that suits your needs

To book on this event visit Eventbrite:

[GROW your budgeting skills – Taster Session](#)

