



Moving Towards Work

Bedford

Build your confidence, wellbeing and employability skills through 'positive psychology' after a period out of the workplace.



The course includes:

- **Confidence building**
- **Interactive sessions with businesses**
- **Help to identify your unique skills and talents**
- **Support with next steps including employment pathways and volunteering**

COURSE INFORMATION

Sessions run **09:30-12:30** each Tuesday and Thursday for **six** weeks. All sessions take place at the **CVS Centre Bedford - 43 Bromham Rd, Bedford MK40 2AA**

Start Dates:

Tuesday 10 September 2019

Tuesday 5 November 2019

WHO?

The course is ideal for:

- ESA claimants or who have recently closed their claim
- Those with significant gaps in employment
- People facing multiple barriers to employment
- Anyone struggling with low confidence Or experience stress and anxiety when considering going back to work

INTERESTED?

Please contact us if you wish to book a place.

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Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



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