Job Club Express January

- In January we will be running our next three-session Job Club Express course to help those who need specific targetted help on these three topics.
- The sessions will be run on ZOOM and will be between 1:30 - 2:30, except on the 14th
- These are extra skills-based sessions, covering the basics of researching, CVs &
- Application forms, and interview skills. They
 can be attended as a block or individually.
 The course will be on Tues 11th, Thurs 13th &
- Friday 14th (10:30-11:30)
 - We are really excited to be able to provide
- these sessions for people who just need some extra help and support.
 - For more information, please email us on the email below.
- kenpullen@opendoortrust.com













Job Club January Course

- In January we will be running our next 8-week course in person at Oundle Road Baptist Church. The course is a skills-based course to help people start getting back into work.
- The sessions will run on a Friday morning between 10am 11.30am, starting on Friday,
- January 21st.
- The sessions will cover areas such as Mindset & Motivation, Obstacles & Barriers, Strengths & Skills, Volunteering & Research, Writing a good CV & Application forms, interview tips, and getting ready for work.
 - At the moment there are still some restrictions in place for the building, but we will keep you
- informed if they change.

To reserve a place, or for more information, please email us on the email below., or see our

website.

kenpullen@opendoortrust.com kenpullen@capuk.org

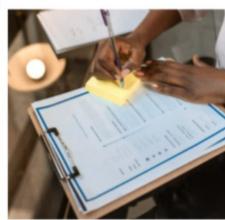












www.opendoortrust.com

Open Door Trust - January Courses

 In January we will be starting our next threesession CAP Money Course, helping you to learn how to budget and be more in control of your finances. You do not have to be in debt to benefit from this course.

The course dates are Fri 7th, Wed 12th & Friday 14th from 1:15 - 2.30 on Zoom.

We will also be running our three-session wellbeing course covering. How we create Habits, Anxiety & Worry and a new session on Resilience.

These sessions are conversation-based.

These sessions will run on Tues 18th, Wed 19th &

Thurs 20th between 1:30 - 2:30

A stable internet connection is required.

For more information, or to reserve a place, please visit our 'what we do' page on our website below, or drop me an email.

