

# Discover **YOU**rself



## Your life - Your experience - Your future

Come and join us for 8 days to discover your true potential! We will work with you to uncover your skills, values and interests, gain opportunities for work experience and create ideas for your future work.

In one of the sessions you can enjoy a bread-making workshop that will open your eyes to lots of work-related skills and hear the owner of the business talking about the benefits of 'dough therapy'.

### Week 1

- Building confidence and self esteem
- Acknowledging your skills and achievements
- Exploring mindsets and positive well-being

### Week 2

- Finding your direction and setting goals
- Recognising your strengths
- Challenges to working

### Week 3

- Creating a personal profile & plan
- Growing your know how and experience
- Bread making workshop

### Week 4

- The world of work today
- Flexible, part-time & working from home
- Living your plan - day by day

### What you'll gain:

You'll gain confidence and skills as well as a sense of well-being. You'll be able to share your ideas, thoughts and challenges in a group of like-minded, friendly people and you'll get plenty of individual help to make a personal plan.

### The venue:

Space for Change, a fully accessible training centre at 14 Windlesham Avenue, BN1 3AH

### Date of your programme:

Every Monday & Wednesday for 4 weeks starting on .....

### How to apply:

Ask your Work Coach to sign you up and then we'll get in touch to confirm your place.

**Work&Learning**  
**Opportunities**