

Get Well  **Get On**

WORK ON YOUR WELLBEING

**RESILIENCE & EMPLOYABILITY
WORKSHOPS**

ARE YOU SEEKING A RETURN TO WORK?

WORRIED ABOUT APPLYING FOR A JOB?

**ALREADY IN EMPLOYMENT BUT
AT RISK OF REDUNDANCY?**

This series of 3 FREE interactive workshops will develop your personal resilience & confidence, give you the practical skills to find and apply for work, and help you respond to and cope with change.



**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY



ONLINE COURSE DETAILS

- Suitable for: Anyone in Bristol & the South West who is unemployed, or who is currently working but feels they may be at risk of redundancy.
- Group size: 6 – 10
- 3x 90 minute online sessions, including breaks. Participants are welcome to attend all three sessions or choose the ones that best suit their needs.

These workshops are **FREE** of charge.



WORKSHOP OVERVIEW

During these challenging times, many people find themselves out of work or facing an uncertain future. Health reasons, economic realities or changed personal circumstances can all lead to periods of unemployment, and the prospect of changing jobs or getting back into work after an absence can be daunting.

These free workshops are aimed at anyone in Bristol & South West looking to gain knowledge, skills and confidence to return to the workforce or to manage change in their working life.



KEY TOPICS

WORKSHOP ONE - Resilience

- How change affects us; how to cope with it and turn fear of change into a positive experience.
- Understanding how to enhance your resilience
- Stress; coping skills and practical strategies.

WORKSHOP TWO - Employability

- Practical advice on how to search for work
- Tips on applying for jobs, writing a strong CV and application & interview techniques
- Personal assessment and review

WORKSHOP THREE

- Life skills; money and debt management, dealing with redundancy, accessing mental health support, etc.
- Signposting and further advice: what's next?
- **Recap from the two previous sessions**





ABOUT THE SERVICE

The Get Well Get On service was set up last year as a pilot project funded by the Department of Work and Pensions and the Department of Health and Social Care in close collaboration with Bristol City Council.

Our aim was to explore different ways in which we can support individuals to return to work, and businesses to retain their skilled workforce. The findings were then fed back to the government in order to improve provision of central services and in this way, contribute to the positive systemic change.



EACH PARTICIPANT WILL:

- Have a chance to exchange thoughts and ideas about how best to manage change in their working life and to cope with returning to work after a period of unemployment.
- Have a broader set of skills to prepare for returning to work or changing jobs.
- Receive additional resources as required.



TECHNICAL REQUIREMENTS:

- Laptop or PC with Internet access
- Webcam and microphone – the microphone can be either built into your computer, as a separate device or headphones
- ZOOM application
- Pen
- Paper
- Smart phone (optional)





CONTACT



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