



Confidence for work

5 week workshop

When: Each Wednesday, starting 3 April

Where: The Cellar Trust, Park View Court,
Unit 12, St Paul's Road, Shipley, BD18 3DZ

Join our interactive peer-led workshop exploring the impact mental health can have on your confidence to find, secure and retain employment.

This friendly and welcoming workshop will give you the opportunity to meet people with similar experiences and boost your confidence in your employment journey.

We will cover topics such as:

- Should I disclose my mental health?
- What are skills verses qualities?
- Maintaining well-being whilst in work
- Applying for work – tips on applications
- How to deal with unsuccessful applications and interviews

There will also be interactive activities such as *'How to recruit staff for a company'* and *'If you are the boss for a day, what would you look for in a potential new recruit?'*

To register 

Visit: www.thecellartrust.org/employment-support

Email: referrals@thecellartrust.org

Telephone: 01274 588 002