

# Confidence for work

5 week workshop

**When:** Weekly, starting Tuesday 24 September

**Where:** Online – Teams

**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](http://www.thecellartrust.org/employment-support)

**Email:** [referrals@thecellartrust.org](mailto:referrals@thecellartrust.org)

**Telephone:** 01274 588 002