

Confidence for work

5 week workshop

Join our friendly and welcoming workshop exploring the impact mental health can have on your confidence to find, secure, and retain employment.

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 586 474