



Energise

Motivational & Networking programme for the Unemployed

Agenda:

Day One

- Review Unemployment Statistics, Options & Available Supports
- Re-Training initiatives for Employment & Future Options
- Gain Clarity around Finances
- Motivation, Confidence & Positive Focus
- Stress Management & Managing Change

Day Two

- Skills Audit
- Cover Letter Review & CV Creation Workshop
- Interview Preparation – Communication & Presentation Skills

Day Three

- Explore Self-Employment / Business Opportunities
- Marketing Oneself and/or Your Trade/Business
- Develop Your Personal Career Plan
- Create Your Job Seeking & Re-Training Plan
- Professional Networking – Finding work through people you know

Follow-up - In conjunction with sponsoring body

- One-to-one Consultation when required – Privately review all your options

Note: Energise is a coaching programme specifically customized for those whose job has been made redundant. It is delivered to small groups (8-15) in a very safe, respectful and confidential environment providing all the knowledge, skills and strategies you require to place you in the best possible position to further your career.

Participants will leave with their own completed CV, Up-to-date Interview Techniques & Skills and their Own Personal Career Plan.

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