

- Out of work for a long period of time and looking for direction?
- Would you like to boost your confidence & self esteem?
- Have you suffered a set-back in life and want to get active again for work or social purposes?

- Are you experiencing emotional and/or mental challenges?
- ✓ Towards Occupation is designed to help participants who are out of work for a long period of time and/or have suffered a set-back in life and want to get active again for work or social purposes.
- ✓ It is also aimed at people who are experiencing emotional and / or mental challenges & need to boost their confidence & self-esteem.
- ✓ This ten-week course will include life skills, personal/skills assessment & development, creative arts, practical skills, introduction to employment supports and is tailored to suit the interests and needs of the group.

W.R.A.P. Programme

Wellness • Recovery • Action • Planning

- Are you finding it difficult to move on after unemployment?
- Feeling Lonely, Isolated and Vulnerable?
- Would you like to discover new ways to take control of your life?
- ✓ In just five sessions, learn practical techniques you can use immediately and get information on supports you can avail of in Midleton and Cobh.
- ✓ The 5 sessions will include an introduction to the course, identifying needs; identifying stresses, vulnerabilities and strengths; mindfulness and relaxation. Participants will also receive a WRAP handbook

Confidentiality is assured at all times



Opportunities Mornings

2015

Training, Employment & Enterprise Supports

**For more information on SECAD
& how we can help you:**

T: 021 4613432

E: info@secad.ie



Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



An Roinn Coimirce Sóisialaí
Department of Social Protection
Helping you build a better life



etb
Boord Oideachais agus
Oiliúnaíochtaí
Cork Education and
Training Board



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Opportunities Mornings

- ✓ Meet representatives from the agencies who can take you through your options & the opportunities available to you in your local area and further afield:
 - Dept of Social Protection
 - Cork Education & Training Board
 - Cork Training Centre
 - Cork City & County Volunteer Centre
 - Skillnets
 - SECAD
- ✓ Listen to motivational speakers who will talk about setting goals, self-motivation and how to move forward with confidence.

Monday, 23rd March: Sirius Centre, Cobh

Tuesday, 24th March: Cumann na Daoine, Youghal

Wednesday, 25th March: Pipe Band Hall, Carrigaline

Thursday, 26th March: Midleton (venue to be confirmed)

Friday, 27th March: Ballincollig (venue to be confirmed)

10.00 am – 12.00 pm

Time to Change Programme

- ✓ Free 9 week course designed to help participants who want to find employment, return to education or training or to start their own business.
- ✓ Enabling people to decide what their next step should be.
- ✓ Focus on helping people to set goals & create a plan for the future.
- ✓ Session on the financial supports that are available for people who wish to return to education or to start their own business.
- ✓ Jobs schemes are explained and information is provided on how to access them.
- ✓ Session on how to prepare a CV & how to prepare for an interview.
- ✓ One to one support.



AIR² Programme

- ✓ 10 Module Business Start-up programme with FETAC accreditation option delivered in conjunction with DSP
- ✓ The first three sessions will help you identify your entrepreneurial traits, assess whether you are ready to be your own boss, identify training gaps, set goals, assess your business idea.
- ✓ The final seven sessions will cover business planning, assessment of commercial viability of your business idea, legal, financial, networking and marketing aspects of setting up your business.

Basic Computer and Internet Training

- ✓ Do you find using a computer and the internet a daunting task?
 - ✓ Would you like to learn the basics of using a computer and the internet?
 - ✓ Would you like to learn how to send & receive an email?
 - ✓ How about surfing the web or learning how to shop on-line?
- Discover on-line job seeking resources

SECAD One to One Employment Advice Service

Do You Need Help With....

- Career Planning
- Looking for a job
- CV Preparation
- How to start your own business
- Application Forms & Letters
- Interview Techniques and Preparation
- Finding out about & applying for courses
- What different agencies or organisations can do for you

The service:

- ✓ can help you get back on your feet and build your confidence
- ✓ can help you explore your options.
- ✓ is free and is totally confidential.

**This service is by appointment only.
Call SECAD at 021 4613432 to make an appointment**