

**Aged 16-25
and looking for
work?**

**Finding it hard to shake off the anxiety,
stress and depression that gets in the way
of finding employment?**

**In need of building more
confidence for the work place?**

**And did you know about the phone
apps that can help you focus on your
wellness and work?**

Come to our 'Live and Work Well' sessions

**Six short sessions in a small group, where you will gain some
useful tips in staying calm as you prepare for work.**



**Every Tuesday 11am -
1pm for six weeks**

**5th February – 12th
March 2019**

**Happening at:
Caxton House
Community Centre,
129 St. John's Way,
Archway N19 3RQ**

TOPICS

Week 1: Self-esteem – what is this and why is it important for work?

Week 2: Emotional Resilience – being aware of emotions and staying focused.

Week 3: Being with others – communicating with and relating to the people around me.

Week 4: Take action! – Decide on the job you want and plan how to get your foot in the door.

Week 5: Using Apps and Social Media - to help me stay well and apply for jobs.

Week 6: Each one; teach one – how would I use this knowledge to help someone I know?

For more info and to refer, please contact Alison Reeves at WRAP

on 020 7281 8097/07508 341 302 or email a.reeves@jobsinmind.org



**WRAP - WORK RELATED ASSERTIVENESS PROJECT
Delivered by Jobs in Mind www.jobsinmind.org/service/wrap**