

TheLightBulb

Ideas | Actions | Results

In partnership
with:



Funded by:



Skills for Confidence... Let TheLightBulb help you find the right career

You will receive **training** and recognised **qualifications** as well as coming away with more confidence and a **new CV**.

We will support you in gaining the self belief needed to apply for jobs and prepare you not only for interviews but for getting back into the work place and keeping that all important job.

The City and Guilds qualifications you could achieve include the following:

- **Career planning and making applications**
- **Rights and responsibilities in the work place**
- **Interview skills**
- **Effective skills, qualities and attitudes for learning and work**
- **Reading for meaning**
- **Speaking & Listening to obtain information**
- **Speaking & Listening to take part in discussion**
- **Using grammar, punctuation and spelling in writing**

You can gain all of the above in our part time training programme in just 4 days, at venues throughout Essex.

If you would like to know more about taking the right steps towards a promising career please contact TheLightBulb on 01268 270648

This course is funded by the Skills Funding Agency (with matched funding through the European Social Fund) and is subject to the following eligibility criteria. Applicants must be over 19 before the 31st August, on Job Seekers Allowance or Employment Support Allowance in order to qualify. If you are claiming any other benefits then please contact us for advice.

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Telephone 01268 270648 or email lisa@thelightbulb.net

Key benefits to you:

- Improve your confidence and knowledge
- Identify your own skills, qualities, experience and qualifications
- Gain professional advice on applying for work
- Create a new CV
- Look at opportunities for employment within the local area
- Learn how to be prepared for an interview
- Attend an interview with a professional and receive valuable feedback
- Learn about your rights and responsibilities as an employee
- Look at your attitudes and behaviours to work

