

## Project UP ↑ (Unlimited Potential)



# Free employment training webinars

Abri's Employment Support and Training Team (EST) are bringing Project UP ↑ (Unlimited Potential), a new and exciting employability project to your area.

Working with our experienced team, Project UP ↑ will provide expert support, training and advice for people who are looking to secure employment, gain new essential skills for work and improve their confidence.

All our support can be provided online which includes the following live webinars:

### EmployAbility

- Creating a professional CV
- Job searching and applications
- Effective interviews
- Job clubs

### Create Self Employment programme

- Forming your business idea
- Understanding business financials
- Business planning
- Marketing and communication

### Confidence Live!

- What is confidence?
- Reasons for lack of confidence
- Five ways to build your confidence
- Pathways to confidence
- Confidence in interviews
- Confidence at work

### Wellbeing Live!

- Foods for immunity, health and anxiety
- Breathing to aid relaxation and anxiety
- Exercise for anxiety and immunity
- What is meditation
- What is mindfulness

This project is open to anyone aged 16 years and over who is eligible to work in the UK and is currently unemployed.

