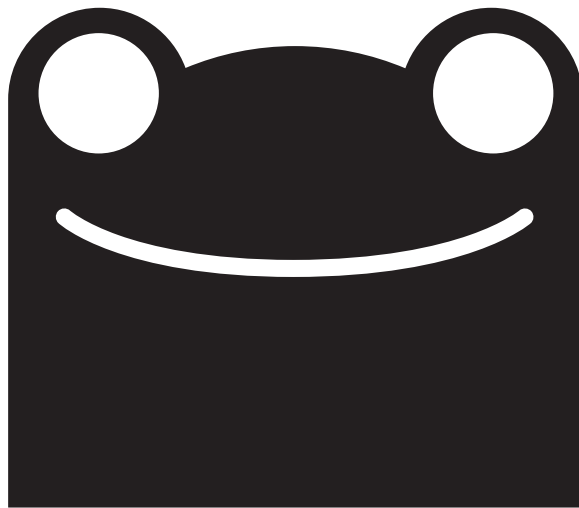


**Make the most
of lockdown!**



Eat That Frog

During lockdown we are offering more of our courses online, to enable you to retrain, study or just have some FUN!

All courses are FREE to low waged / those in receipt of benefits & available to anyone on Furlough.

All programmes can be studied on a tablet, PC or laptop with internet access - and you'll get help and support via phone / email / zoom with our friendly tutors as well.

Health & Wellbeing Programme

Work through a gentle programme designed to support your mental and physical wellbeing during lockdown and beyond!

As well as studying these short modules with support from our friendly tutor, you'll get the opportunity to join small weekly groups online to gain support from other like-minded people - our 'Mindfulness Mondays'!



- Awareness of health and wellbeing
- Understanding the importance of a balanced diet and regular exercise
- Understanding the effects of sleep on health
- Social media and mental well-being
- Self-Image & Confidence - Developing personal confidence and self-awareness
- Stress and stress management
- Developing emotional resilience
- Developing assertive behaviour

Employability

If recent events have left you struggling, give yourself a refresher and boost your confidence with short courses designed to help you back into work. Gain support with job skills including:

Career change - what next?



Updating your CV & Cover Letters



**Interview techniques
(Includes mock interview)**



Applying for jobs online



Self - Employment - Make it work for you!

If you're thinking about starting your own business, or monetising a hobby, then this is ideal for you! The support from our experienced tutor and the opportunity to meet online with other local businesses could get you up and running in the right direction!

Including -

- **Challenges of working from home**
- **Business Planning**
- **Social Media**
- **Marketing**
- **Finance**



Career Academies

(Sector - based Work Academy Programmes)

If you're looking to get back into work we can help! Our online academies help prepare you for new career opportunities that are actively recruiting in your area.

Including -

- Care
- Retail
- Hospitality
- Security
- Cleaning
- Construction



Eat That Frog



**Try your hand at cooking
fabulous meals and making
wonderful crafts with our
interactive online classes!**



**You'll be sent a kit beforehand
containing all the necessary
materials and then join in an
online Zoom session with a tutor
and a small group to get creative
together!**



**A great way to save money while
having some valuable
'me time'.**



Get in touch to find out more!

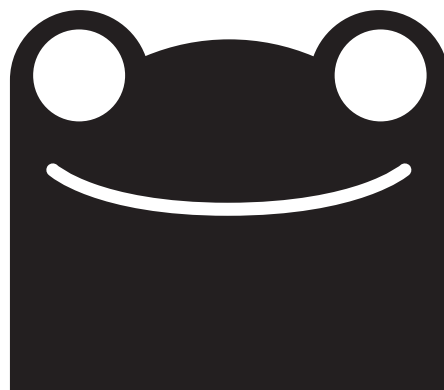
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