



# Improve your Wellbeing and develop your Employability skills

## Fully funded training in Wellbeing & Employability

If you're a Greater Manchester resident, 19+, unemployed or employed and on furlough, you may be eligible for fully funded training to improve your wellbeing and develop your employability skills. Here at **Maximus Training** we understand that the pandemic has been a challenge to people's mental wellbeing and are now delivering training and support, to help people to get back on to their feet.

## What's involved?

This is an accredited **Online 8 week course** leading to an NCFE Level 1 Certificate in Wellbeing and a City & Guilds Level 1 Extended certificate in Employability skills. The course will start on **Thursday 24 June 2021** and will be delivered by our expert dedicated **Coaches**. We provide expert knowledge and support, through our interactive learning sessions, and learning online gives you the flexibility to learn from a place you're most comfortable with, but you will need a laptop/PC and a good Wi-Fi connection.



Accredited qualifications



Job search support



Fully funded training



ICT & digital support



Advice & guidance



Maths & English support

To book on to a course or for more information, contact **Steve Conquest**: [sconquest@maximus-training.com](mailto:sconquest@maximus-training.com) or **07584 542 577**



“I was not confident about attending any training courses especially because English is not my first language however I always knew that I had the potential to improve my life. Steve and Ang made me feel welcome and were enthusiastic about the benefits the course could bring. Having such supportive people gave me the confidence to take that the first step.”

**Mildred Komane**

## Skills you will gain

Completing this Wellbeing & Employability course will help you to:

- Understand stress and its causes
- Develop stress management strategies
- Understand mental health
- Understand the causes of substance misuse
- Understand the importance of personal safety
- Understand the importance of healthy eating and drinking for adults
- Apply for jobs with confidence
- Understand workplace expectations
- How to communicate effectively
- Build your confidence for interviews
- Search for jobs online
- Recognise the importance of work/life balance
- Cope with change
- Develop interpersonal skills
- Understand Equality & Diversity
- Develop skills for assertive living

**NEXT COURSE STARTS:  
THURS 24TH JUNE**

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