

Carers Progress

A free 6 week wellbeing and working course for carers

Week 1: Express Yourself – Who am I? My confidence, myself

Week 2: My Potential – My skills, my goals and action planning

Week 3: My Targets – Building skills, learning, my motivation

Week 4: What I Need to Know – My support, meet the employer

Week 5: My Future – Just the job, CVs, interviews, mindfulness

Week 6: My Journey – Where am I now and where next?

Wednesday 24th February and 3rd, 10th, 17th, 24th, 31st March 2021

10am–1pm, online – further details and link will be sent when you register

- Confidence
- Goal planning
- Job search
- Meet carers and employers
- Caring and working

Carers' Resource

Bradford, Skipton, Harrogate

To book a place, please contact:

employment@carersresource.org

or **01274 449660**



Registered charity No. 1049278