

FREE Training Courses



October-December 2018

Getting into work

These sessions will support you with the confidence and ability to sell your skills on applications and at interview. You can come to one or more sessions.

Effective Job Searching and Applications:

- 10.30am-12.30pm on Wednesday 7 November

Introductory Interview Skills:

- 10.30am-12.30pm, Wednesday 14 November

Answering Difficult Interview Questions:

- 10.30am-12.30pm, Wednesday 28 November



Maths for Shoppers

Use maths for better shopping, better value and better economy: calculate, compare and sort out the bargains.

An introduction to everyday maths.

**Wednesday 10 October,
Time: 1pm-3pm**

*Only a few places left...
book soon!*

Resilience

Life can be a rollercoaster with many ups and downs. We all go through different challenges and changes in our lives. Sometimes things can really knock us down. Resilience is about your inner strength, to better deal with set-backs.

This taster session will help you learn simple ways to develop your resilience.

**Date: Thursday 8 November
Time: 11am-1pm**

Thinking about going self-employed?
Got a business idea but don't know
where to start?

**Give it a Go! can help... 1-2-1
support sessions available**

Book to see an Advisor at:

<https://tinyurl.com/BusinessSupportOldham>

Open to anyone living in Greater Manchester.

Search:



www.fcho.co.uk

*All courses take place at:
First Place, 22 Union Street,
Oldham, OL1 1BE unless
otherwise stated.*

*For more information or to book a
place contact Julie Goreham on
0161 393 5363*

Christmas Crafts

10.30-12.30

Thursday 6 December

Simple, fun craft session
– all are welcome!