



Looking to Make the Most of Your Time at Home?

These online workshops will give you the opportunity to find out more about...

- your interests
- what you are good at
- what motivates you
- options available to you for your future learning or work
- four sessions delivered over two weeks
- to take part internet access is required



April, May and June start dates available

**Contact Dominique Curran on
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Join the conversation:



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I wasn't too sure what to expect going on the session but I found it very useful indeed.

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The various topics discussed were very relevant for my need of gathering momentum to get back into a career. The group sessions and activities also gave me the opportunity to meet new people and their approach to some of the questions discussed.

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As a busy mum, the zoom sessions gave me the opportunity to join the sessions from my home. The host also made things easy to understand and made the sessions very engaging. Glad I enrolled on the course.

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Everything that I learnt in the training was helpful and the groups were a great way of getting everyone working together. I had the discussion on how to move forward. I learnt new skills and am hoping to take them with me into work.