

Are you Unemployed?
Looking to Return to Work?
Re-skill or Return to Education?
Is It Time to Change?

You are welcome to join us at
‘Cobh Opportunities’ Morning
on

Monday, 23rd January 2012 at 10am
The Sirius Arts Centre, Cobh

Admission is free

Phone Helen to reserve your place at 021 4613432 or email info@secad.ie

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Cobh Opportunities Morning

- ✓ This event will offer you the opportunity to find out about the 'Time to Change' course.
- ✓ You will hear inspirational stories from former course participants and be inspired to do something different with your life!
- ✓ Psychologist Fergus Heffernan will give a speech entitled "Manage Your Life by Managing Your Mind" – how to tap into your mind's power so you can enjoy your life to the fullest.
- ✓ Meet Agency representatives from FÁS, VEC, Dept of Social Protections, SECAD & relevant training bodies.

Time to Change

Time to Change is a FREE 10 week programme designed to enable people to achieve their potential. It will focus on:

- ⤴ Self-esteem and personal strengths
- ⤴ Self-confidence and encouragement
- ⤴ Information on supports and entitlements
- ⤴ Creatively visualising our future
- ⤴ Creating opportunities and possibilities
- ⤴ Identifying our vision, mission and goals
- ⤴ Setting goals and creating plans for the future
- ⤴ Moving forward on our goals
- ⤴ Managing Change
- ⤴ CV preparation and Interviews

An important part of the programme will be inputs by specialists on adult education, career development, cv preparation and social welfare advice as well as one to one support. Confidentiality is assured at all times.

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