

The **Healthy Minds Calderdale Employment Support Project** will be running a series of workshops which are outlined below. These are for up to 10 people per session and will be run with a mixture of presentations and film clips, group exercises and activities and opportunities for peer discussion.

If you are interested in attending any of the sessions, please can you contact Michelle Baron on 01422 345154 or 07496 492 399 or email michelle@healthymindscalderdale.co.uk

Date	Workshop overview	Venue
08/09/2016 10am – 12.30pm	Thinking about work <ul style="list-style-type: none"> • Getting motivated • Choosing or changing direction • Steps towards your goals 	Voluntary Action Calderdale Halifax
15/09/2016 10am – 12.30pm	Creating a CV <ul style="list-style-type: none"> • Recognising and valuing your skills • Identifying areas for development • Accounting for gaps in employment 	Voluntary Action Calderdale Halifax
22/09/2016 10am – 12.30pm	Applying for jobs <ul style="list-style-type: none"> • Using IT skills for job search • Understanding the recruitment process • Selling yourself and your skills • Disclosure (or non-disclosure) of mental health or other conditions 	Voluntary Action Calderdale Halifax
29/09/2016 10am – 12.30pm	Self-employment and Freelancing <ul style="list-style-type: none"> • Understanding different self-employment and freelancing options • Where to find self-employment and freelancing opportunities 	Voluntary Action Calderdale Halifax
06/10/2016 10am – 12.30pm	Preparing for interviews <ul style="list-style-type: none"> • Preparing for interview practice • Relaxation, stress management and solution focus techniques • Reflecting and learning from the interview process 	Voluntary Action Calderdale Halifax
13/10/2016 10am – 4pm	Mental Health Conference Employment Occupation and Welfare Rights Booking is required. Contact tamsin@healthymindscalderdale.co.uk	Elsie Whitely Innovation Centre Halifax
20/10/2016 10am – 12.30pm	Maintaining employment <ul style="list-style-type: none"> • Understanding your rights at work • Utilising support • Self-management tools 	To be confirmed