

# Courses to help regain confidence and get back into employment

The Response to Recovery project has brought together the Citizens Advice and Learn Devon to provide free online support to gain critical advice and prepare for future employment. It is aimed at adults living in Devon that are unemployed, recently made redundant, currently on furlough or just considering their career and training options.

## Facing your fears

A free, three hour workshop offering a fresh and practical approach to overcoming the barriers and challenges that can inhibit the creativity and innovation required to find alternative employment.

### Available dates:

Mon 22 February 9.30 - 12.30	Mon 15 March 9.30 - 12.30
Mon 1 March 9.30 - 12.30	Mon 22 March 9.30 - 12.30
Mon 8 March 9.30 - 12.30	Mon 29 March 9.30 - 12.30

## Planning your journey

A free, three hour workshop to help recognise personal skills and interests and strengthen self-belief to find renewed enthusiasm and hidden talents for the journey towards employment.

### Available dates:

Tues 23 February 9.30 - 12.30	Tues 16 March 9.30 - 12.30
Tues 2 March 9.30 - 12.30	Tues 23 March 9.30 - 12.30
Tues 9 March 9.30 - 12.30	Tues 30 March 9.30 - 12.30

## How to enrol?

Email [tavistock@learndevon.co.uk](mailto:tavistock@learndevon.co.uk) or call 01822 613 701 and provide them with the below details and Learn Devon will contact the learner to confirm their booking.

- full name
- date of birth
- address
- phone number
- email

**learndevon**  
adult learning and skills

In partnership with

**Devon**  
County Council

**citizens  
advice**