

Developing YOU

Overview of Course

- DY is a free 10 week, **pre-employment support** programme aimed at 19 – 64 year olds who are currently out of work and in some cases, struggling with their wellbeing.
- DY aims to improve a learners' **self-esteem** and **confidence**, increase day to day coping skills/resilience and give participants a chance to make positive steps that are right for them.
- Provides customers with an introduction to lots of ways to manage whatever circumstances they face and **access to lots of local organisations** that can work with them to develop the skills they need in doing this.
- The course is split into 2 parts. Firstly, modules around **health and well-being** which focus on confidence building, self-awareness and mindfulness. Secondly, **employability skills** modules which teach job search tips & tricks, CV building and interview preparation.
- Active Leeds will also deliver **mindful movement** at the end of each Health & Wellbeing session to help learners manage stress.
- By the end of the course learners may be ready to reflect and think about their next steps whereby they might choose to work with one of the organisations who attend the show and tell session, take up a **volunteering opportunity** or **apply for a new role**.
- There will be an opportunity for the group to **stay in touch** once the course ends, to support with any further job searching or meet regularly for a chat.
- There will be lots of **support available** throughout the course for all learners, depending on the route they want to take.
- The course **does not affect benefits** and the jobcentre encourages attendance.

The course has been developed and delivered with the following **partners across the city:**

