



Are you....

- Looking to increase your self-esteem and build your confidence?
- Ready to gain experience to help you transition into employment?
- Wanting to learn new skills, improve or update your existing skills?
  - Needing a reference to support your job applications?

If so,

our *Improving Lives* programme is for you!

The *Improving Lives* programme runs 2 days a week over 8 weeks:

16th January to 8th March 2019

on Wednesdays and Fridays 10:30am to 1:30pm at

**Voluntary Action Coventry**

27—29 Trinity Street

Coventry, CV1 1FJ

For more information or an informal chat, contact Sara or Cheska.

Call us: 024 7622 0381 Email us: [volunteering@vac Coventry.org.uk](mailto:volunteering@vac Coventry.org.uk)

**Refreshments and lunch are provided and travel costs are reimbursed**





# Improving Lives

## What to expect...

- Take part in group sessions in an inclusive environment to explore the benefits of volunteering for your health, wellbeing and future employment options
- Access one to one support to help you find a volunteering role that meets your interests and needs, and that can improve your job prospects. We'll also give you ongoing support to help you settle into your placement
- If you aren't sure which role is right for you, we can help you to try out a range of activities
- We offer help to fill in application forms, develop a volunteer profile and prepare for voluntary and job interviews

<b>Week 1</b>	Introductory session; Communication & group work skills
<b>Week 2</b>	Volunteering and how it can help you
<b>Week 3</b>	Goal Setting
<b>Week 4</b>	Volunteer placement visit ; CV writing
<b>Week 5</b>	Volunteer placement visit ; developing application forms
<b>Week 6</b>	Volunteer placement visit ; preparing for interviews
<b>Week 7</b>	Managing barriers; developing next steps
<b>Week 8</b>	Review and reflection; finding a volunteer placement

