

Our brand new and FREE online programme is now open, and we are looking for young people to 'Explore' with us virtually.

You might know this programme as 'Keep In Touch Online' which we delivered previously.... all we've done is changed the name to suit the sessions even more and enable us to adapt the content when needed.

This programme will be open to anyone aged 16 - 30, who are not in education, employment or training and looking to improve their confidence, skills and motivation.

This programme is spread over 4 days with a 90 minute session each day, ran via Microsoft Teams (free app).

- **Session 1 – Getting to know you and icebreaker activities**
- **Session 2 – Mental Health and Wellbeing**
- **Session 3 – Budgeting and Finances**
- **Session 4 – Employability: CV's, cover letters and interview tips**

We will then be offering tailored 121 sessions with each young person who require further support with employability skills.

If you have someone that might benefit from this FREE course, please complete and return the attached referral form and email to [leicsandnorthants@princes-trust.org.uk](mailto:leicsandnorthants@princes-trust.org.uk) or contact us on **0800 842 842**

Please feel free to share this email with friends, family and colleagues

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## **Eligibility: Aged 16-30? | NOT in Education, Employment or Training**

**Programme:** Monday 28<sup>th</sup> September – Thursday 1<sup>st</sup> October 2020

**Location:** Microsoft Teams

- A 4 day programme to improve your confidence, skills and motivation
- Learn about managing your mental health and wellbeing, and even your finances
- CV support and interview advice
- Up to 3 months progression support if wanted

• **LIMITED PLACES AVAILABLE | To join the course or find out more text 'Explore' to 07484 507 039, or call us for free on 0800 842 842**

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