

Course Information Sheet 2022/23
Work & Wellbeing Non-accredited Course

Course title:	Get Ready for Work – Build Better Resilience			Code: CB425		
Tutor:	Gillian Mesce					
Day & Time:	Thursday 1.30pm-3.30pm					
Start & End Dates:	Term 1	Term 2		Term 3 27/04/23 – 25/05/23		
Number of sessions:					5	
Venue:	Bury Adult Learning Centre				Room No: 10	
Learner numbers:	Minimum			Maximum		
	6			10		
Costs:	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
			£42			Free

What will I learn on this course?

Why is it that some people seem to recover from setbacks better than others? They have good resilience which enables them to cope despite setbacks. Improve your ability to bounce back quicker and stronger and develop the skills to deal with challenging situations. The aim of this course is to explore and work towards being more resilient and to understand how being resilient helps in improving self-confidence, self-esteem and mental wellbeing.

By the end of the course, I will be able to:

- Understand some of the characteristics of resilience
- Identify events, barriers and obstacles that impact resilience.
- Understand why resilience is important all areas of your life.
- Recognise how you can develop resilience skills.
- Prepare to use resilience skills to help manage negative effects when dealing with difficult situations, such as career setbacks and job interviews.

Additional information

This course is free if you are on a relevant benefit and are looking for work or feel this course will help you when looking for work in the future.

These courses aim to help people improve their wellbeing and gain the confidence to move into further learning and work, if appropriate. Courses offer a great starting point to develop new skills, gain confidence, improve general wellbeing or adapt to life changes.

Some courses may require a pre-course informal meeting.

Before you enrol on a course, advice and information is available to help you decide on the

right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

Due to the ongoing Coronavirus situation some of our courses may be either fully or partly delivered remotely, and this would be subject to change depending on current Government advice. This means that you may need to have suitable online access, but this will be discussed with you as part of initial assessment or induction. Please note that our buildings and classrooms have been fully risk assessed in line with Covid-safe principles.

What will I need to provide myself?

A pen and pad will be useful. Your tutor will discuss materials further at the first class.
Please check that the class is running before buying anything.

What could I do next?

From this course you could progress onto another of our Get Ready for Work courses; Goal Setting & Motivation or Confidence & Assertiveness, or you may be interested in our Get That Job course, which will support you in searching and applying for jobs and help prepare you for job interviews.

From this course you could also progress onto English, maths, IT or another course within our Work & Wellbeing programme to develop further your skills for work. Alternatively, if you wish to pursue a hobby or develop a new skill you could progress onto one of our creative courses.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

Can I get extra help?

Support with English and Maths is available through our Skills for Life section. For more information, please contact Learner Services on 0161 253 7501.

If you feel you may need extra help because you are disabled or have a learning disability, please contact Nikki Naylor on 0161 253 7287.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please refer to the course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

How to enrol

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

Please keep your copy of this information sheet. It will be useful throughout your course.