

#GEMonline

27th July – 14th August

| Week commencing | Monday #skills | Tuesday #information | Wednesday #wellbeing | Thursday #employability | Friday #skills & #wellbeing |
|-------------------------|---|--|--|---|--|
| 27 th July | <p>1pm: Cooking on a budget with Laurence</p> <p>2pm: Mock interviews with Tony and Sue</p> | <p>2pm: Mock interviews with Tony and Sue</p> | <p>10am: Yoga with Lisa</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> | | |
| 3 rd August | <p>11am: Confidence building for jobseekers with Sarah</p> <p>1pm: Restaurant style cooking with Laurence</p> <p>2pm: Mock interviews with Tony and Sue</p> | <p>2pm: What is the GEM Project with the GEM team</p> | <p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> <p>3pm: Magic Workshop with Tony</p> | <p>10am: Presentation Skills with Tony</p> | |
| 10 th August | <p>1pm: Cooking on a budget with Laurence</p> <p>2pm: Mock interviews with Tony and Sue</p> | <p>2pm: Business planning and cashflow forecasts with GL Communities</p> | <p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> | <p>2pm: Job Searching tips with Jason and Diane</p> | <p>11am: Creative Stressbusters with Art Shape</p> |

#GEMonline

17th August – 4th September

| Week commencing | Monday #skills | Tuesday #information | Wednesday #wellbeing | Thursday #employability | Friday #skills & #wellbeing |
|-------------------------|--|---|---|---|--|
| 17 th August | <p>1pm: Restaurant style cooking with Laurence</p> <p>2pm: Mock interviews with Tony and Sue</p> | <p>2pm: Mock interviews with Tony and Sue</p> | <p>1pm: Music and Song Singalong with GL Communities and friends</p> | <p>2pm: Interview Skills with Laenus</p> | <p>11am: Creative Stressbusters with Art Shape</p> |
| 24 th August | <p>1pm: Cooking on a budget with Laurence</p> <p>2pm: Mock interviews with Tony and Sue</p> | <p>2pm: What is the GEM Project with the GEM team</p> | <p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> | <p>10am: Using LinkedIn effectively with GRCC</p> <p>2pm: CV tips workshop with Sarah</p> | <p>11am: Creative Stressbusters with Art Shape</p> |
| 31 st August | <p>Bank Holiday</p> | <p>2pm: Mock interviews with Tony and Sue</p> | <p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> | <p>2pm: Job Searching tips with Jason and Diane</p> | <p>11am: Creative Stressbusters with Art Shape</p> |

#GEMonline: Monday

#skills

11am – 12pm

3rd August

Confidence building for job seekers

An upbeat session to help people focus on their positives in order to help confidence and motivation and job seeking or working towards the next step in their journey. Pen and paper are needed for this session.

Register [here](#):

1pm – 2pm

27th July

10th August

24th August

Cooking on a budget with Laurence

Join Laurence, a professional chef as he cooks and shares some great ways to make simple yet tasty meals using common items from your cupboard. There's also time to share ideas and ask any questions you may have.

Register [here](#):

2pm – 4pm

27th July

3rd August

10th August

17th August

31st August

Mock interviews with Tony and Sue

One to one practice interview with a member of the GEM team.

By appointment only. Contact gemtony@ggtrust.org / gemsue@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact Tony or Sue]

#GEMonline: Monday

#skills

1pm - 2pm

3rd August

17th August

Restaurant style cooking with Laurence

Join Laurence, a professional chef as he cooks and shares various delicious dishes to help you create some quality meals at home. There's also time to share ideas and ask any questions you may have.

Register [here](#):

#information

2pm – 3pm

11th August

Business planning and cashflow forecasts with GL Communities

An online workshop designed to look at the basics for business planning, cashflow forecasting and the opportunity to discuss general business ideas when considering self-employment.

Register [here](#):

2pm – 2.30pm

4th August

25th August

What is the GEM Project with the GEM team

Join Diane and our Navigator Developers for an informal discussion to find out more about the GEM Project and how we support people back into work, with time to ask any questions you may have.

4th August: Register [here](#):

25th August: Register [here](#):

#GEMonline: Wednesday

#wellbeing

11.15am – 12pm

5th August

12th August

26th August

2nd September

3pm – 4pm

5th August

1pm – 2pm

29th July

5th August

12th August

19th August

26th August

2nd September

Chair Yoga with Lisa

A gentle form of Yoga using a chair. This session will help build strength and increase flexibility with some gentle mobilisations and yoga poses using a chair.

Click [here](#) to join:

Magic Workshop with Tony

Have some fun and learn a trick or two that will impress your friends and family.

Register [here](#):

Music and Song Singalong with GL Communities and friends

Enjoy an afternoon of music and singing performances to various songs; you can simply watch and listen or even take part as one of the main singers performing.

For the opportunity to take part, please contact Paul on paul@glcommunities.org by Monday evening with the songs you would like to sing.

Register [here](#):

#GEMonline: Wednesday

#wellbeing

10am - 11am

29th July

5th August

12th August

26th August

2nd September

Yoga with Lisa

A Yoga class suitable for complete beginners with former GEM participant Lisa who has set up her 24th own business Yoganna Be.

Click [here](#) to join:

#employability

2pm – 3pm

27th August

CV tips workshop with Sarah

A practical tips session to help you understand the basics of CV writing, what should and should not be included, typical layouts and how to arrange the information on your CV to help you stand out from the crowd.

Register [here](#):

2pm – 3pm

20th August

Interview Skills with Laenus

Advice and top tips on making your next interview a success from one of the county's top recruitment agencies.

Register [here](#):

2pm – 3pm

13th August

3rd September

Job Searching tips with Jason and Diane

A run through of some useful tools and techniques to help make your job searching more efficient and to not miss out on great opportunities.

13th August: Register [here](#):

3rd September: Register [here](#):

#employability

10am - 11am

6th August

Presentation skills with Tony

Learn some top tips about how to manage your fears and make really effective presentations. An enjoyable session with plenty of time for questions. An **16**

Register [here](#):

10am - 11am

27th August

Using LinkedIn effectively with GRCC

LinkedIn is the world's largest professional network on the internet. You can use it to find the right job and build professional relationships. Find out how to get the most of it to help you and your career.

Register [here](#):

#skills & #wellbeing

11am – 12pm

14th August

21st August

28th August

4th September

Creative Stressbusters with Art Shape

A series of workshops where you can engage in simple creative activities using resources you have in your home, with embedding stress busting techniques. All you need is a pen and paper and optional colouring pens / pencils / paints.

Register [here](#):