

#GEMonline

7th December – 18th December

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
7 th December	<p>11am: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: General careers advice with Di</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: Wild Classrooms with Stroud Valleys Project</p>	<p>10am: How to 'sell' yourself to interviewers with Tony</p> <p>2pm: Confidence building for jobseekers with Sarah</p>	<p>10am: Group Wellbeing workshop with Explore Change</p> <p>11.15am: Create Connections with the GEM team</p>
14 th December	<p>10am: Drafting your cover letter with Sue</p> <p>11am: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>1.30pm: The Cookery Corner with Sue</p>	<p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>3pm: Magic Workshop with Tony</p>	<p>10am: Transferable skills with Di</p> <p>2pm: Job searching tips with Jason</p>	<p>11.15am: Create Connections with the GEM team</p>

#GEMonline: Monday

#skills

11am -12pm

7th December

14th December

21st December

Decision making and assertiveness with Adam

This short course will explore how you can become more confident and decisive when stepping into new situations or meeting new people. There will be an introductory session to outline what will be covered and what to expect followed by three weekly sessions lasting 90 minutes.

Register [here](#):

10am -11am

14th December

Drafting your cover letter with Sue

Join Sue as she shares some key points to include in your cover letter to support your CV when completing job applications.

Register [here](#):

2pm - 4pm

7th December

14th December

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]

#information

11am – 12pm

8th December

General careers advice with Di

Not sure what career path to head down or want some general advice on a certain industry? This session will run through some key advice and information to consider when looking at different careers.

Register [here](#):

2pm – 4pm

8th December

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]

1.30pm – 2pm

15th December

The Cookery Corner with Sue

An informal chat through some simple but delicious recipes made from store cupboard basics and seasonal produce – there might even be a couple of ideas for some last-minute edible gifts. You can simply come along and listen, swap ideas or even ask some cookery questions.

Register [here](#):

#GEMonline: Wednesday

#wellbeing

11.15am – 12pm

9th December

16th December

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:

1pm – 2pm

9th December

Wild Classrooms with Stroud Valleys Project

Join Julie and Tamsin as they share a fantastic tool which helps you learn and nature and wildlife.

Register [here](#):

3pm – 4pm

16th December

Magic Workshop with Tony

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

Register [here](#):

#GEMonline: Wednesday

#wellbeing

10am - 11am

9th December

16th December

Yoga with Lisa

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

Click [here](#) to join:

#employability

2pm – 3pm
10th December

Confidence building for job seekers with Sarah

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](#):

10am – 11am
10th December

How to ‘sell’ yourself to interviewers with Tony

Join Tony as he shares some of his top tips and advice on how to present yourself in the best possible light to prospective interviewers.

Register [here](#):

2pm – 3pm
17th December

Job Searching tips with Jason

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.

Register [here](#):

#employability

10am - 11am

17th December

Transferable skills with Di

Did you realise that a large number of skills that you learn and develop during your work and personal life can be transferred into other employment roles? Find out more during this workshop on how you can potentially enhance your skillset.

Register [here](#):

#skills & #wellbeing

11.15am - 12.15pm

11th December

18th December

Create Connections with the GEM team

An online group to build friendships and support each other on their employment journeys by building connections and sharing creative ways to connect and destress. A friendly and informal group supported by our GEM team and GEM participants.

Register [here](#):

10am - 11.15am

11th December

Group Wellbeing workshop course with Explore Change

A small group session with the aim to provide a safe space for people to come together to learn about tools and techniques to help boost resilience. These workshops are designed to be interactive with a blend of taught content, group discussions and activities.

Only available to GEM participants, please get in touch with your Navigator Developer for more information and to register your interest for the course.

To join the GEM Project [click here](#):