

#GEMonline

18th January – 29th January

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
18 th January	<p>2pm: Mock interviews with Tony and Sue</p>	<p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p>	<p>10am: Gloucester Job Club with the GEM team</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>
25 th January	<p>10am: An introduction to Group Wellbeing with Explore Change</p> <p>11am: Drafting your cover letter with Sue</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Mental health awareness with Vicky</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>11am: Stroud Job Club with the GEM team</p> <p>1.30pm: General careers advice with Di</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Cotswold Job Club 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: Laughter Yoga with Pete Cann</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: Brush up your English skills with the GEM team</p> <p>1.30pm: Job searching tips with Jason</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>

#GEMonline

1st February – 12th February

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
1 st February	<p>11.30am Transferable skills with Di</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Understanding discrimination in the workplace with Vicky</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>11am: Stroud Job Club with the GEM team</p> <p>1.30pm: What is the GEM Project with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p> <p>3.30pm: Make your own mosaic with Debra</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: Brush up your English skills with the GEM team</p> <p>1.30pm: Confidence building for jobseekers with Sarah</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>
8 th February	<p>11.30am: The Cookery Corner with Sue</p> <p>1pm: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>11am: Stroud Job Club with the GEM team</p> <p>1.30pm: CV and cover letter workshop 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: Music and Song Singalong with GL Communities and friends</p> <p>3.30pm: Walk in Nature with Sarah</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: Brush up your English skills with the GEM team</p> <p>1.30pm: Creative Speech and self expression with Adam</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>

#GEMonline

15th February – 26th February

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
15 th February	<p>1pm: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>11am: Stroud Job Club with the GEM team</p> <p>1.30pm: Time out on Tuesday with Nabeela and Emily</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>1pm: Music and Song Singalong with GL Communities and friends</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: Brush up your English skills with the GEM team</p> <p>1.30pm: Using LinkedIn effectively with GRCC</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>
22 nd February	<p>1pm: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>11am: Stroud Job Club with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>3pm: Cotswold Job Club 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>3.30pm: Magic Workshop with Tony</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: Brush up your English skills with the GEM team</p> <p>1.30pm: How to 'sell' yourself to interviewers with Tony</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>

#GEMonline: Monday

#skills

10am - 10.30am

25th January

An introduction to Group Wellbeing with Explore Change

An insight to our extremely popular Group Wellbeing course which aims to provide a safe space for people to come together to learn about tools and techniques to help boost resilience.

Register [here](#):

This session will be live streamed on our Facebook page too.

1pm - 2.30pm

8th February

15th February

22nd February

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](#):

11am - 12pm

25th January

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](#):

#GEMonline: Monday

#skills

3pm – 4pm
25th January

Mental health awareness with Vicky

This session enables you to understand how mental health problems can affect people in their workplace and lives. It will look at some of the misconceptions associated with mental health and employer's responsibilities enabling you to take a revised awareness into the workplace. You will also look at ways of managing stress.

Register [here](#):

2pm – 4pm
18th January
25th January
1st February
8th February
15th February
22nd February

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

11.30am – 12pm
8th February

The Cookery Corner with Sue

An informal chat through some simple but delicious recipes made from store cupboard basics and seasonal produce. You can simply come along and listen, swap ideas or even ask some cookery questions.

Register [here](#):

11.30am – 12.30pm
1st February

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](#):

3pm – 4pm
1st February

Understanding discrimination in the workplace with Vicky

This session will outline the legal definitions of discrimination and look at everyday scenarios to find out whether or not there is discrimination as covered by the Equality Act. There will be a discussion about employer's duties to make reasonable adjustments and take other such actions to ensure a safe workplace for all.

Register [here](#):

#employability

11am – 12pm

26th January
2nd February
9th February
16th February
23rd February

Cheltenham Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Register [here](#):

3pm – 4pm

19th January
26th January
2nd February
9th February
16th February
23rd February

Cotswold Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Contact Daniel Gale on danielg@grcc.org.uk to join

1.30pm – 2.30pm

9th February

CV and cover letter workshop with Di

A practical tips session to help you understand the basics of CV and cover letter writing, what should and should not be included and typical layouts to help you stand out from the crowd.

Register [here](#):

#employability

1.30pm - 2.30pm

26th January

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

19th January

26th January

2nd February

9th February

16th February

23rd February

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]

11am - 12pm

26th January

2nd February

9th February

16th February

23rd February

Stroud Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Contact Anna Reeves on a.reeves@cscic.org to join

#employability

1.30pm - 2.30pm

16th February

Time out on Tuesday with Nabeela and Emily

Sit down with a cup of tea and take part in our friendly time out session, filled with some relaxing and light-hearted activities to ease you through the afternoon. You will just need a piece of paper and pen.

Register [here](#):

1.30pm - 2pm

2nd February

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.

Register [here](#):

#wellbeing

11.15am – 12pm

20th January
27th January
3rd February
10th February
17th February
24th February

3pm – 4pm

20th January
3rd February
17th February

3pm – 4pm

27th January

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:

Lunchtime stretch and train with Alex

Join Alex as he takes you through a mild exercise and stretching class, helping to break up your day and boost your physical and mental wellbeing. Suitable for all ages and abilities including children.

Register [here](#):

Laughter Yoga with Pete Cann

Laughter Yoga combines laughing exercises with deep breaths and calming movements. It's a great way to connect with others and laugh your blues away. A fun stress reliever for people of all ages.

Register [here](#):

#GEMonline: Wednesday

#wellbeing

3.30pm – 4.30pm

3rd February

Make your own mosaic with Debra

Join Debra as she guides you through the steps in order to make your very own small mosaic project. Packs will be provided and posted to you ahead of the session. In order to receive a pack, you will need to have registered by 27th January. You can still register after this date but please be aware there is no guarantee of receiving a mosaic pack.

Register [here](#):

3.30pm – 4.30pm

24th February

Magic Workshop with Tony

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

Register [here](#):

1pm – 2pm

20th January

27th January

3rd February

10th February

17th February

24th February

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](#):

#wellbeing

3.30pm – 4.30pm

10th February

10am – 11am

20th January

27th January

3rd February

10th February

17th February

24th February

Walk in Nature with Sarah

Take a walk in Nature and notice the changes happening all around as we head into Spring. Notice how it changes you, lifts your spirits and makes you smile. Join Sarah as she shows you how a short walk in your local area can support you in times of hardship. You will be sharing your experiences and learning about nature. If possible, why not see if you can join the session on your phone so you can ‘walk’ alongside Sarah in your own local area as part of the session.

Register [here](#):

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

11.15am - 12.15pm

28th January

4th January

11th February

18th February

25th February

Brush up your English Skills with the GEM team

Basic Skills entry level English in job-seeking contexts. Join some of our Navigator Developers for some confidence boosting workshops for those who have yet to achieve GCSE Level 4 or above in English.

Register [here](#):

1.30pm - 2.30pm

4th February

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](#):

1.30pm - 2.30pm

11th February

Creative speech and self-expression with Adam

A workshop designed to support you in building your confidence around personal presentation and self-expression, as well as being fun!

Register [here](#):

#employability

10am - 11am

21st January

28th January

4th February

11th February

18th February

25th February

Gloucester Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Register [here](#):

1.30pm - 2.30pm

25th February

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](#):

1.30pm - 2.30pm

28th January

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

1.30pm - 2.30pm

18th February

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](#):

#social & #wellbeing

11.15am - 12.15pm

22nd January

29th January

5th February

12th February

19th February

26th February

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 - 11am

22nd January

29th January

5th February

12th February

19th February

26th February

Journaling for positivity with Donna

Join Donna as she shares some creative ways that writing, drawing and doodling can help release stress and leave you feeling much more positive. All you will need is an exercise book and some pens.

Register [here](#):