

#GEMonline

11th January – 15th January

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
11 th January	<p>11am: Decision making and assertiveness with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11.30am: The Cookery Corner with Sue</p> <p>2pm: General careers advice with Di</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

1pm - 2.30pm

11th January

18th January

25th January

2pm - 4pm

7th December

14th 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.

Please contact your Navigator Developer if you would be interested in this course.

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

2pm – 3pm

12th 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](#):

11.30am – 12.30pm

12th January

The Cookery Corner with Sue

Feeling like you could be eating more healthily this year? This session will talk through some simple but delicious recipes with suggestions for quick lunches, healthy snacks and some fresh ideas with seasonal fruit and veg. You can simply come along and listen, swap ideas or even ask some cookery questions.

Register [here](#):

#wellbeing

11.15am – 12pm

13th 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:

3pm – 4pm

13th January

Magic Workshop with Tony

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

Register [here](#):

10am – 11am

13th January

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

14th 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](#):

10am - 11am

14th January

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](#):

#GEMonline: Friday

#skills & #wellbeing

11.15am - 12.15pm

15th January

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](#):