

#GEMonline

1st March – 12th March

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
1 st March	<p>11am: Confidence building for job seekers with Sarah</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham 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>2pm: Stroud Job Club with the GEM team</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>1pm: Yoga and Guided Meditation with Adult Education</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</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>
8 th March	<p>11am: Drafting your cover letter with Sue</p> <p>1.30pm: GEM Showcase with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>2pm: Stroud Job Club with the GEM team</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>1pm: Happier and Calmer with Adult Education</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</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 March – 26th March

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
15 th March	<p>10.00am Decoding coding with Dan</p> <p>11.30am: Transferable skills with Di</p> <p>1.30pm: Working in the Care Sector with Sam and Joe</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham 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>2pm: Stroud Job Club with the GEM team</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>10am: Using LinkedIn effectively with Dan</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>2pm: Calming the mind with Adult Education</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</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>
22 nd March	<p>11.30am: The Cookery Corner with Sue</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>2pm: Stroud Job Club with the GEM team</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>3.30pm: Walk in Nature with Sarah</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</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

29th March – 2nd April

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
29 th March	<p>11am: General careers advice with Di</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham 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>2pm: Stroud Job Club with the GEM team</p> <p>3pm: Cotswold Job Club with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>3.30pm: Magic Workshop with Tony</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</p> <p>1.30pm: Job searching tips with Jason</p>	<p>Good Friday</p>

#GEMonline: Monday

#skills

11am - 12pm

1st March

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](#):

11am - 12pm

8th March

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](#):

10am - 11am

15th March

Decoding coding with Dan

This session will discuss the different types of coding, looking at the various options which can be used to create code. No previous experience of coding is necessary.

Register [here](#):

#GEMonline: Monday

#skills

1.30pm – 2pm

8th March

GEM Showcase with the GEM team

Come and hear about the GEM Project from people on the project. You'll have the chance to listen to some of our amazing GEM stories, hear from one of our Navigator Developers and discover if the project is right for you. This event will be livestreamed through the GEM Project Facebook page.

[GEM Facebook page:](#)

11am – 12pm

29th March

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

1st March

8th March

15th March

22nd March

29th March

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

22nd March

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

15th March

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](#):

1.30pm – 2.30pm

15th March

Working in the care sector with Sam and Joe

Join Navigator Developers Sam and Joe as they provide the opportunity for you to discover the various roles in the care sector. They will touch on care role expectations, training that may be required and the option to ask any questions you may have.

Register [here](#):

#employability

11am – 12pm

2nd March
9th March
16th March
23rd March
30th March

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

2nd March
9th March
16th March
23rd March
30th March

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

2nd March
30th March

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

2pm – 4pm

2nd March
9th March
16th March
23rd March
30th March

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

2nd March
9th March
16th March
23rd March
30th March

Stroud Job Club with the GEM team

A weekly job club which will allow you to talk to others who are in a similar situation. Navigator Developers will be on hand to provide job seeking hints and tips and highlight jobs of interest in the Stroud area.

Join [here](#):

#employability

1.30pm - 2.30pm

16th March

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](#):

#GEMonline: Wednesday

#wellbeing

2pm -3pm

17th March

Calming the mind with Adult Education

Join Lynsey for this mindfulness workshop. Explore ways to manage your stress levels and learn how to be mindful everyday.

Register [here](#):

11.15am – 12pm

3rd March

10th March

17th March

24th March

31st March

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

10th March

Happier and Calmer: Wellbeing at home with Adult Education

Join Maxine for a brief introduction into some of the latest science on wellbeing. Get tips to make you feel happier now!

Register [here](#):

#wellbeing

3pm – 4pm

1st March

17th March

31st March

3.30pm – 4.30pm

31st March

11am – 12pm

3rd March

10th March

17th March

24th March

31st March

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](#):

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](#):

#wellbeing

10am – 11am

17th March

Using LinkedIn effectively with Dan

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](#):

3.30pm – 4.30pm

24th March

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](#):

1pm – 2pm

3rd March

Yoga and Guided Meditation with Adult Education

Join Maxine to treat your body kindly with yoga and learn how to relax totally with her guided meditation.

Register [here](#):

#GEMonline: Wednesday

#wellbeing

10am - 11am

3rd March

10th March

17th March

24th March

31st March

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

1.30pm -2.30pm

4th March
11th March
18th March

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](#):

11.15am – 12.15pm

4th March
11th March
18th March
25th March
1st April

ESL (English as a second language) support group with Carole

Is English your second (or third) language? This group is for ESL learners of all abilities to meet and develop skills and confidence in speaking, reading and writing English together.

Register [here](#):

10am – 11am

4th March
10th March
17th March
25th March
1st April

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](#):

#employability

1.30pm - 2.30pm

25th March

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

1st April

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](#):

#social & #wellbeing

11.15am – 12.15pm

5th March
12th March
19th March
26th March
2nd April

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

5th March
12th March
19th March
26th March

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](#):