

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
3 rd May	Bank Holiday	<p>11am: Cheltenham Job Club with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</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>10am: Gloucester Job Club with the GEM team</p> <p>2pm Working Co-operatively with Jo</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p> <p>12.30pm: Kickstart Employer Sessions with the GEM team</p>
10 th May	<p>10am: Drafting your cover letter with Sue</p> <p>11am Be Seen Be Heard with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p> <p>2.30pm Confidence building for job seekers with Sarah</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>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>10am: Gloucester Job Club with the GEM team</p> <p>1.30pm: Choosing what you wear for an interview with Liz</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p> <p>12.30pm: Kickstart Employer Sessions with the GEM team</p>

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
17 th May	<p>11am: Be Seen Be Heard with Adam</p> <p>1.30pm: Transferable skills 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: Time out on Tuesday with Nabeela and Emily</p> <p>2pm: Mock interviews with Tony and Sue</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>1.30pm Job Searching tips with Jason</p> <p>3pm Interview skills workshop with David, your Talent Solutions</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p> <p>12.30pm: Kickstart Employer Sessions with the GEM team</p>
24 th May	<p>10am: The Cookery Corner with Sue</p> <p>11am: Be Seen Be Heard with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham 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>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>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> <p>12.30pm: Kickstart Employer Sessions with the GEM team</p>

#GEMonline: Monday

#skills

11am – 12.30pm

10th May

17th May

24th May

Be Seen Be Heard with Adam

A six-week course to help develop greater self-confidence, self-esteem or to overcome self-consciousness. You will develop and insight into what holds you back and how you can become more relaxed and confident in front of others, especially in new situations

Register [here:](#)

2.30pm – 3.30pm

10th May

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 - 11pm

10th May

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

1.30pm – 2.30pm

25th May

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

10th May

17th May

24th May

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

10am - 11am

24th May

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](#):

1.30pm - 2.30pm

17th May

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](#):

#employability

11am – 12pm

4th May

11th May

18th May

25th May

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](#):

1.30pm – 2.30pm

11th May

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](#):

1.30pm – 2.30pm

25th May

General Careers Advice with Di

Not sure what 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](#):

#employability

2pm – 4pm

4th May

11th May

18th May

25th May

Mock interviews with Tony and Sue

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

By appointment only. Contact gemtoney@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 – 2.30pm

18th May

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](#):

#wellbeing

11.15am – 12pm

5th May

12th May

19th May

26th May

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

5th May

19th May

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](#):

#wellbeing

3.30pm – 4.30pm

19th May

Magic Workshop with Tony

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

Register [here](#):

11am – 12pm

5th May

12th May

19th May

26th May

Music and Song Singalong with GL Communities and friends

Enjoy a morning 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

26th May

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](#):

10am – 11am

5th May

12th May

19th May

26th May

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

13th May

Choosing what you wear for an interview with Liz

A one hour session for women with a qualified personal stylist to help you decide what to wear for an interview or your next job. During this session you will receive guidance to convey your best values and boost your confidence through the clothes you wear by:

- a) reflecting on what you wear and what it conveys about you
- b) provide useful tips on what different colours say about you
- c) provide useful tips on what items of clothing and colours work well

Register [here](#):

#employability

10am - 11am

6th May

13th May

20th May

27th May

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

27th May

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](#):

#employability

3.00pm – 4.00pm
20th May

Interview skills workshop with David, Your Talent Solutions
Join David and learn the skills you need to be confident attending an interview.
Register [here](#):

1.30pm – 2.30pm
20th May

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](#):

2pm – 3pm
6th May

Working Co-operatively with Jo from Co-operative Futures
Thinking about self-employment but not sure it's for you? In this session Jo looks at how working co-operatively can help your ideas come to fruition
Register [here](#):

#social & #wellbeing

11.15am – 12.15pm

7th May

14th May

21st May

28th May

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

7th May

14th May

21st May

28th May

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](#):

#social & #wellbeing

12.30pm – 1.30pm

7th May

14th May

21st May

28th May

Kickstart Employer Sessions with the GEM team

This is a regular meeting that gives you the opportunity to meet a range of organisations that are currently offering excellent employment opportunities for young people aged 16-24 through the government's Kickstart scheme. You will learn about the scheme, who the organisation is, what is involved in the placement and how to apply. There will also be information on other current opportunities and a chance to ask questions.

Register [here](#)