

#GEMonline

9th November – 20th November

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
9 th November	2pm: Mock interviews with Tony and Sue	2pm: Mock interviews with Tony and Sue	10am: Yoga with Lisa 11.15am: Chair Yoga with Lisa	2pm: Job searching tips with Jason	10am: Group Wellbeing workshop with Explore Change 11.15am: Create Connections with the GEM team
16 th November	10am: Drafting your cover letter with Sue 2pm: Mock interviews with Tony and Sue	2pm: Mock interviews with Tony and Sue 2pm: General careers advice with Di	10am: Yoga with Lisa 11.15am: Chair Yoga with Lisa 3pm: Magic Workshop with Tony	10am: How to 'sell' yourself to interviewers with Tony 2pm: Interview skills with Your Talent Solutions	10am: Group Wellbeing workshop with Explore Change 11.15am: Create Connections with the GEM team

#GEMonline

23rd November – 4th December

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
23 rd November	2pm: Mock interviews with Tony and Sue	2pm: Mock interviews with Tony and Sue 2pm: What is the GEM Project with the GEM team	10am: Yoga with Lisa 11.15am: Chair Yoga with Lisa	10am: Using LinkedIn effectively with GRCC 2pm: Confidence building for jobseekers with Sarah	10am: Group Wellbeing workshop with Explore Change 11.15am: Create Connections with the GEM team
30 th November	11am: Decision making and assertiveness with Adam 2pm: Mock interviews with Tony and Sue	2pm: Mock interviews with Tony and Sue	10am: Yoga with Lisa 11.15am: Chair Yoga with Lisa 11.30am: Christmas Craft Fair with the GEM team and participants	10am: Transferable skills with Di 2pm: CV and cover letter workshop with Sarah and Di	10am: Group Wellbeing workshop with Explore Change 11.15am: Create Connections with the GEM team

#GEMonline: Monday

#skills

11am -12pm
30th November

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
16th November

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
9th November
16th November
23rd November
30th November

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

17th November

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 November

17th November

24th November

1st 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]

2pm – 2.30pm

24th November

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

11th November

18th November

25th November

2nd 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:

11.30am

2nd December

GEM Christmas Craft Fair with the GEM team and participants

A virtual fair showcasing some of our brilliant GEMs who have set up their own business, each selling different items for you to browse. A great chance to enjoy a bit of Christmas shopping from the comfort of our own home. Full details to be confirmed soon.

Register [here](#):

3pm – 4pm

18th November

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

11th November

18th November

25th November

2nd 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
26th November

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](#):

2pm – 3pm
3rd December

CV and cover letter workshop with Sarah and 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](#):

10am – 11am
19th November

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

2pm – 3pm
19th November

Interview Skills with Your Talent Solutions

Advice and top tips on making your next interview a success from one of the county's top recruitment agencies.

Register [here](#):

2pm – 3pm
12th November

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
3rd 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](#):

#employability

10am - 11am
26th November

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](#):

#skills & #wellbeing

11.15am – 12.15pm

13th November

20th November

27th November

4th 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

13th November

20th November

27th November

4th 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](#):