

#GEMonline

5th October – 16th October

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
5 th October	<p>10am: How to make a podcast: Ideas with Andrew</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>2pm: Job searching tips with Jason</p>	<p>10am: Group Wellbeing workshop with Explore Change</p> <p>11am: Creative Stressbusters with Art Shape</p>
12 th October	<p>10am: How to make a podcast: The art of listening with Andrew</p> <p>2pm: Mock interviews with Tony and 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: How to 'sell' yourself to interviewers with Tony</p> <p>2pm: CV tips workshop with Sarah</p>	<p>11am: Creative Stressbusters with Art Shape</p>

#GEMonline

19th October – 30th October

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
19 th October	<p>10am: How to make a podcast: Questions with Andrew</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>2pm: What is the GEM Project with the GEM team</p>	<p>10am: Yoga with Lisa</p> <p>11.15am: Chair Yoga with Lisa</p>	<p>10am: Using LinkedIn effectively with GRCC</p> <p>2pm: Confidence building for jobseekers with Sarah</p>	<p>11am: Creative Stressbusters with Art Shape</p>
26 th October	<p>10am: How to make a podcast: Equipment with Andrew</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>2pm: Transferable skills with Di</p>	<p>11am: Creative Stressbusters with Art Shape</p>

#GEMonline: Monday

#skills

10am - 11am

5th October

12th October

19th October

26th October

How to make a podcast with Andrew

Ideas: Where do ideas come from? What are you going to put in your podcast

Art of listening: How to use sound and voices to tell your story

Questions: Asking the right questions to ensure people tell you their story

Equipment: What equipment do you need and how little do you need to spend to create your podcast

Register [here](#):

2pm - 4pm

5th October

12th October

19th October

26th October

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

13th October

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 – 2.30pm

20th October

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](#):

#GEMonline: Wednesday

#wellbeing

11.15am – 12pm

7th October

14th October

21st October

28th October

3pm – 4pm

14th October

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:

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

7th October

14th October

21st October

28th October

Yoga with Lisa

A Yoga class suitable for complete beginners with former GEM participant Lisa who has set up her 24th own business Yoganna Be.

Click [here](#) to join:

#employability

2pm – 3pm

22nd October

Confidence building for job seekers

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

15th October

CV tips workshop with Sarah

A practical tips session to help you understand the basics of CV writing, what should and should not be included, typical layouts and how to arrange the information on your CV to help you stand out from the crowd.

Register [here](#):

10am – 11am

15th October

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

8th October

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

29th October

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](#):

10am – 11am

22nd October

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

11am – 12pm

9th October

16th October

23rd October

30th October

11am – 12pm

dates tbc

Creative Stressbusters with Art Shape

A series of workshops where you can engage in simple creative activities using resources you have in your home, with embedding stress busting techniques. All you need is a pen and paper and optional colouring pens / pencils / paints.

Register [here](#):

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.