

# #GEMonline

7<sup>th</sup> September – 18<sup>th</sup> September

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
7 <sup>th</sup> September	<b>HELPING YOU TO BECOME JOB READY WEEK</b>				
	<p>10am: <a href="#">Confidence building for jobseekers</a> with Sarah</p> <p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>10am: <a href="#">How to 'sell' yourself to interviewers</a> with Tony</p> <p>2pm: <a href="#">Transferable skills</a> with Di</p> <p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>10am: <a href="#">General careers advice</a> with Di</p> <p>1pm: <a href="#">Job searching tips</a> with Jason</p>	<p>10am: <a href="#">CV tips workshop</a> with Sarah</p> <p>2pm: <a href="#">Interview Skills</a> with Laenus</p>	<p>10am: <a href="#">Group Wellbeing workshop</a> with Explore Change</p> <p>11am: <a href="#">Creative Stressbusters</a> with Art Shape</p>
14 <sup>th</sup> September	<p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>10am: <a href="#">Yoga</a> with Lisa</p> <p>11.15am: <a href="#">Chair Yoga</a> with Lisa</p> <p>1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends</p> <p>3pm: <a href="#">Magic Workshop</a> with Tony</p>	<p>10am: <a href="#">Using LinkedIn effectively</a> with GRCC</p>	<p>10am: <a href="#">Group Wellbeing workshop</a> with Explore Change</p> <p>11am: <a href="#">Creative Stressbusters</a> with Art Shape</p>

# #GEMonline

21<sup>st</sup> September – 2<sup>nd</sup> October

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
21 <sup>st</sup> September	2pm: <u>Mock interviews</u> with Tony and Sue	2pm: <u>What is the GEM Project</u> with the GEM team	10am: <u>Yoga</u> with Lisa  11.15am: <u>Chair Yoga</u> with Lisa  1pm: <u>Music and Song Singalong</u> with GL Communities and friends	2pm: <u>Job searching tips</u> with Jason and Di	10am: <u>Group Wellbeing workshop</u> with Explore Change  11am: <u>Creative Stressbusters</u> with Art Shape
28 <sup>th</sup> September	2pm: <u>Mock interviews</u> with Tony and Sue	2pm: <u>Benefits of volunteering</u> with Inclusion Gloucestershire	10am: <u>Yoga</u> with Lisa  11.15am: <u>Chair Yoga</u> with Lisa  1pm: <u>Music and Song Singalong</u> with GL Communities and friends		10am: <u>Group Wellbeing workshop</u> with Explore Change  11am: <u>Creative Stressbusters</u> with Art Shape

# #GEMonline

Helping you to become job ready week

## Monday 7<sup>th</sup> September

10am - 11am

### 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 - 4pm

### 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](mailto:gemtony@ggtrust.org) / [gemsue@ggtrust.org](mailto: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

Helping you to become job ready week

## Tuesday 8<sup>th</sup> September

10am - 11am

### 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](#):

2pm - 4pm

### 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](mailto:gemtony@ggtrust.org) / [gemsue@ggtrust.org](mailto: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 - 3pm

### 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

Helping you to become job ready week

## Wednesday 9<sup>th</sup> September

10am - 11am

### 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](#):

1pm - 2pm

### 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](#):

# #GEMonline

Helping you to become job ready week

## Thursday 10<sup>th</sup> September

10am - 11am

### 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](#):

2pm - 3pm

### Interview Skills with Laenus

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

Register [here](#):

# #GEMonline: Monday

## #skills

2pm – 4pm

7<sup>th</sup> & 8<sup>th</sup> September

14<sup>th</sup> & 15<sup>th</sup> September

21<sup>st</sup> September

28<sup>th</sup> September

### 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](mailto:gemtony@ggtrust.org) / [gemsue@ggtrust.org](mailto: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

29<sup>th</sup> September

**Benefits of volunteering** with Inclusion Gloucestershire

Join Emily as she shares some of the key benefits volunteering can offer including the chance to learn new skills, enhance your CV and even make new friends.

Register [here](#):

2pm - 2.30pm

22<sup>nd</sup> September

**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

16<sup>th</sup> September

23<sup>rd</sup> September

30<sup>th</sup> September

### 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

16<sup>th</sup> September

### Magic Workshop with Tony

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

Register [here](#):

1pm – 2pm

16<sup>th</sup> September

23<sup>rd</sup> September

30<sup>th</sup> September

### 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](mailto:paul@glcommunities.org) by Monday evening with the songs you would like to sing.

Register [here](#):

# #GEMonline: Wednesday

## #wellbeing

10am - 11am

16<sup>th</sup> September

23<sup>rd</sup> September

30<sup>th</sup> September

### Yoga with Lisa

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

Click [here](#) to join:

## #employability

2pm – 3pm

24<sup>th</sup> September

**Job Searching tips** with Jason and Diane

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

17<sup>th</sup> September

**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

11<sup>th</sup> September

18<sup>th</sup> September

25<sup>th</sup> September

### 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](#):

11am – 12pm

11<sup>th</sup> September

18<sup>th</sup> September

25<sup>th</sup> September

2<sup>nd</sup> October

### 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.