

#GEMonline

week commencing 18th May

Monday 18 th May	Tuesday 19 th May	Wednesday 20 th May	Thursday 21 st May	Friday 22 nd May
<p>11am - 12pm:</p> <p>Stay and Play at Home with PATA</p> <p>Register here</p> <p>#wellbeing</p>		<p>10am - 11am:</p> <p>Beginners Yoga with Lisa</p> <p>Click here to join</p> <p>#wellbeing</p>	<p>10am - 12.30pm:</p> <p>Careers Day 2</p> <p>Register here</p> <p>#employability</p>	<p>10am - 11am:</p> <p>Using LinkedIn effectively with GRCC</p> <p>Register here</p> <p>#employability</p>
		<p>10am - 12.30pm:</p> <p>Careers Day 1</p> <p>Register here</p> <p>#employability</p>		<p>11am - 12pm:</p> <p>Creative Stressbusters with Art Shape</p> <p>Register here</p> <p>#wellbeing</p>
<p>2pm - 4pm:</p> <p>Mock interviews with Tony Solomon</p> <p>#employability</p>	<p>12pm - 2pm:</p> <p>Mock interviews with Sue Guiding</p> <p>#employability</p>	<p>1pm - 3pm:</p> <p>Careers Day 1</p> <p>Register here</p> <p>#employability</p>	<p>1pm - 3pm:</p> <p>Careers Day 2</p> <p>Register here</p> <p>#employability</p>	<p>2pm - 3pm:</p> <p>Sharing photos & tips to capture the perfect shot with Fair Shares</p> <p>Register here</p> <p>#skills</p>
	<p>2pm - 2.30pm:</p> <p>Do you have a business idea?</p> <p>with Co-operative Futures</p> <p>Register here</p> <p>#employability</p>	<p>1pm - 2.30pm:</p> <p>Music and Song 'Singalong'</p> <p>with GL Communities and friends</p> <p>Register here</p> <p>#wellbeing</p>	<p>1pm - 1.30pm:</p> <p>Beginners British Sign Language</p> <p>with Gloucestershire Deaf Association</p> <p>#skills</p>	

#employability

Monday 18th May
2pm - 4pm

Mock interviews with Tony Solomon

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

By appointment only. Contact gemtony@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact gemtony@ggtrust.org]

Tuesday 19th May
12pm - 2pm

Mock interviews with Sue Guilding

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

By appointment only. Contact gemsue@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact gemsue@ggtrust.org]

Tuesday 19th May
2pm - 2.30pm

Do you have a business idea? with Co-operative Futures

If you have an idea or hobby that you want to turn into a business this will take you through the things you need to consider. This session is for people who are at the very early stages of thinking about setting up a business.

Register [here](#)

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Wednesday 20th May
10am - 3pm

#GEMonline Careers Event Day 1

A day filled with a series of short talks from organisations across Gloucestershire covering a huge range of sectors. Open to everyone who is thinking about their career and employment options. Register [here](#)

Thursday 21st May
10am - 3pm

#GEMonline Careers Event Day 2

A day filled with a series of short talks from organisations across Gloucestershire covering a huge range of sectors. Open to everyone who is thinking about their career and employment options. Register [here](#)

Friday 22nd May
10am - 11am

Using LinkedIn effectively with GRCC

LinkedIn is the world's largest professional network on the internet; you can use LinkedIn to find the right job, build professional relationships and learn the skills you need to succeed in your career. Find out how to get the most of it for you and your career. Register [here](#)

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#skills

Thursday 21st May
1pm - 1.30pm

Friday 22nd May
10am - 11am

Beginners British Sign Language with Gloucestershire Deaf Association

A course to introduce you to the basics of BSL which will enable you to meet and greet British Sign Language users.

Course underway but let us know if you would like to join a waiting list

Sharing photos and tips to capture the perfect shot with Fair Shares

This interactive session will provide you with the chance to share your own photos that you have taken which make you smile and discuss any tips and ideas you have learnt. Our photographer will also be sharing some further tips to help take a great picture. No experience needed.

Register [here](#)

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#wellbeing

Monday 18th May
11am - 12pm

Stay and Play at Home with PATA

Music, movement, stories and songs for 0-5 year olds and their parents or carers. Ideal for children and their grown ups to come together and have some fun led by an experienced Early Years teacher. An active session for families who want to move and make some noise or just join in by watching. Bring anything you've got to make some music, pans, wooden spoons, rice shakers, cardboard box drums, kitchen roll trumpet - use your imagination. There will an opportunity at the end of the session for parents to share any good ideas they have for families in the current situation.

Register [here](#)

Wednesday 20th May
10am - 11am

Beginners Yoga with Lisa

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

Click [here](#) to join

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Wednesday 20th May
1pm - 2.30pm

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 no more than three songs that you would like to sing.

Register [here](#)

Friday 22nd May
11am - 12pm

Creative Stressbusters with Art Shape

A series of workshops where you can engage in some simple creative activities using resources you will 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](#)