

#GEMonline

week commencing 25th May

Monday 25 th May	Tuesday 26 th May	Wednesday 27 th May	Thursday 28 th May	Friday 29 th May
Bank Holiday	<p>11am - 12pm:</p> <p>Public Speaking with Tony Solomon</p> <p>Register here</p> <p>#skills</p>	<p>10am - 11am:</p> <p>Beginners Yoga with Lisa</p> <p>Click here to join</p> <p>#wellbeing</p>	<p>10am - 11.30am:</p> <p>Body talk for women by The Nelson Trust</p> <p>Register here</p> <p>#wellbeing</p>	<p>11am - 12pm:</p> <p>Creative Stressbusters with Artshape</p> <p>Register here</p> <p>#wellbeing</p>
	<p>12pm - 2pm:</p> <p>Mock interviews with Sue Guilding & Tony Solomon</p> <p>By appointment only, contact gemsue@ggtrust.org / gemtony@ggtrust.org</p> <p>#employability</p>	<p>1pm - 2.30pm:</p> <p>Music and Song 'Singalong' with GL Communities and friends</p> <p>Register here</p> <p>#wellbeing</p>	<p>2pm - 3pm:</p> <p>Interview Skills Workshop with Laenus</p> <p>Register here</p> <p>#employability</p>	
		<p>1pm - 1.30pm:</p> <p>Wildlife and Nature Quiz with Inclusion Gloucestershire</p> <p>Register here</p> <p>#social</p>	<p>3.30pm - 4.30pm:</p> <p>Breaditation with Healthy Lifestyles Gloucestershire</p> <p>Register here</p> <p>#skills</p>	

#employability

Tuesday 26th May
12pm - 2pm

Mock interviews with Sue Guilding & Tony Solomon

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

By appointment only. Contact gemsue@ggtrust.org / gemtony@ggtrust.org

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

Thursday 28th May
2pm - 3pm

Interview Skills Workshop with Laenus Talent and Workforce Solutions

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

Register [here](#)

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#skills

Tuesday 26th May
11am - 12pm

Public Speaking with Tony Solomon

“Some say the fear of public speaking is second only to the fear of death!! Join us to learn some top tips on how to manage your fears and make really effective presentations. This will be an enjoyable session with plenty of time for questions and you won’t be expected to make a presentation.

Register [here](#)

Thursday 28th May
3.30pm - 4.30pm

Breaditiation with Healthy Lifestyles Gloucestershire

Want to make your own bread but not sure where to start. This cookery session will take you through the steps needed to make bread. Whilst making the bread, our host John will talk through a mindful exercise which will relieve any stress and bring relaxation. To bake with our host during the session you will need: 500g of strong white bread flour, 2 teaspoons of salt, 7g of yeast, 300g of lukewarm water (200g cold, 100g of boiling), 3 tablespoons of olive oil, mixing bowl, parchment paper and an oven tray.

Register [here](#)

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#social

Wednesday 27th May
1pm - 1.30pm

Wildlife and Nature Quiz with Inclusion Gloucestershire

Bring your friends and family and join us for a light hearted quiz about wildlife, nature and the environment - a mixture of questions to suit everybody. The quiz masters on the day will be Tim, who is the chair of the Learning Disability Partnership Board and Dawn from Inclusion Gloucestershire. Register [here](#)

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Wednesday 27th May
10am - 11am

Wednesday 27th May
1pm - 2.30pm

Thursday 28th May
10am - 11.30am

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

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](#)

Body Talk for Women with The Nelson Trust

This course is for women who are experiencing some difficult thoughts and feelings about their body image, with the aim to uplift and provide gentle methods to challenge negative body thoughts.

Register [here](#)

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Friday 29th 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](#)