

ACL

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Qualifications & Skills for Employment | Creative & Cultural Learning | Mental Health & Wellbeing

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Application Rejections And Resilience

Course Code

AGB3B44Y20

Time and duration

Start Date: 10 March 2021

Start Time: 13:30

Lessons: 2

Weeks: 2

Hours: 5.00

Location

Distance Learning Course

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Description

Rejection emails and letters, or worst still having no response from endless job applications is disheartening to say the least, as do interviews that have not been successful. This workshop will provide you with tools to keep you resilient and help you flip around negatives into opportunities for development.

What Qualification/level is this course?

This course does not lead to a qualification, is for personal development and is at beginner level in this subject.

Who is this course for?

For anyone in between jobs or who is looking for new work /volunteering opportunities, who finds it challenging to keep motivated and apply themselves to moving forward in a positive way.

What can I expect to learn?

In this course you will learn how to:

Identifying your own blocks to getting motivated

Gain practical tools to get yourself going

Explore strategies for increasing your power of concentration

Goal setting and staying on track

How will I learn?

Tutor presentation, online group discussion, ideas and feedback, self-reflections and personal research. Sessions will be interactive and equip participants with a range of tools for immediate application in their own lives and with others in their personal or professional life. Please come with an open mind and a willingness to explore yourself in order to move forward.

How will I know how well I am doing?

Learners will receive feedback at different points within the online workshop.

Will I need to do any work at home?

In week one each person will be have a small practical development assignment which will involve putting something that has been learnt on the course, into practice in real life. Learners can share on their progress in the following session.

What will I need to provide?

You will need a laptop or PC with webcam and microphone, internet connection, an email address and be able to access websites.

A notepad and pen.

Are there any other costs?

No

What can I do next?

A number of follow up courses are available with regards to employability preparation, mental health and personal development.

For information on ACL courses please see www.aclessex.com

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work. The service offers confidential and impartial advice and is supported by qualified careers advisers. To make an appointment please call 0800 100 900 (calls are free from landlines and most mobile numbers) or visit their website:

<https://nationalcareersservice.direct.gov.uk>

Further information

For all enquiries regarding this course please contact 0345 603 7635.