

# EMPLOYMENT & WELLBEING COACHING

## FACE-TO-FACE SESSIONS COMING TO BROUGH IN APRIL (ONLINE AVAILABLE TOO)

### We can help you with...

#### Getting a New Job

- Creating a tailored CV;
- Searching & applying for the job you want;
- Preparing to ace interviews;
- Exploring self-employment as an option;

#### Wellbeing & Mental Health

- Coaching to improve confidence and reduce anxiety;
- Counselling for mental health and building resilience

#### Improving Skills

- Basic IT skills training;
- Individual English and ESOL tutoring



Coaching  
from industry  
professionals

Limited  
spaces in  
Brough  
group

Individual  
or group  
sessions  
available

Humberjob  
HUB

CALL, TEXT OR EMAIL  
OUR FRIENDLY TEAM  
FOR MORE INFO

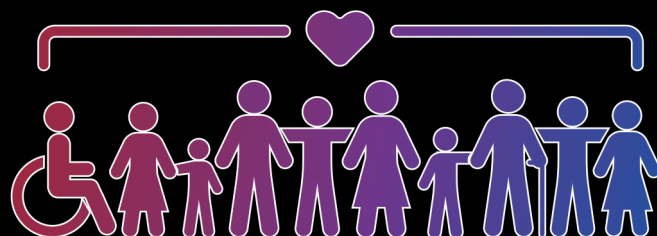
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FOUNDATION