

## Skills Towards Employment

### Looks at Preparing:

An up to date CV



Relevant Accompanying Letters

For an Interview



## Learning & Development

### Looks at:

Developmental Learning  
&  
Personal Awareness



## I.T. Support

### Offers on line support:

Tailored to suit the individual needs of the Learner



Develop Confidence & improve your skills when using I.T.

## Craft Skills

### Develop your skills in:

Creating a range of decorative items

Using recyclable paper and card

And

Creating your own designs, in fashion



To access our on line **Zoom** courses  
you will need an  
**Internet Connection**

For more information please  
contact us by email at:



[enquiries@pelicantrust.org](mailto:enquiries@pelicantrust.org) Or  
visit our website at:  
[www.pelicantrust.org](http://www.pelicantrust.org)



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## Free Courses

We can deliver our courses at your Venue

Or via Zoom

We provide all of the learning resources  
and  
necessary equipment.

Our courses are very adaptable meeting  
the needs of all  
and

Require a minimum of 8 people

Funded in partnership with



## Healthy Eating, Healthy Body, Healthy Mind

### Looks at the importance of:

Maintaining a healthy balanced Diet

Portion Control

Modifying Recipes



## Basic First Aid

### Outlines:



How to deal with common types of injuries

Safety around the Home

Ways of preventing an injury



## Introduction to Computer Security

### Is designed to recognise:

The Hazards

Needs for Security

Risks of Viruses

When using a computer



Including Cyber Training

## Positive Steps to Building Confidence and Self-Esteem

### Identifying:

Ways to create good impressions

Turning Negatives into Positives

Letting your confidence shine



## Budgeting Skills

### Identifies your:

Attitudes

Needs & Wants

Regarding Money

Including



Tips to make you money go Further!

## Communication Skills

### Looking At:

Recognising Facial Expression

Reading Body Language

Using Appropriate Speech & Tone



Also

How to improve your Listening Skills

## Maths For Everyday Life



### Help you to:

Have Fun with Numbers

Apply Maths to everyday life

Basic Money Awareness



## Act Safely in the Workplace

### Knowing how you can:

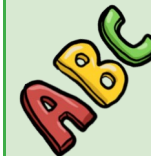
Avoid Risks

Identify Dangers

Take Action in an Emergency



## English For Everyday Life



### Have fun with English

Also looking at

Calligraphy  
And  
Creative Writing

