FEAST
PLUS

FEMALE EMPLOYABILITY ACTION
SUPPORTED BY TRAVEL AND TOURISM

Supported by the European Social Fund

Project purpose

- FEAST*Plus* provides employability skills training to **women**, preparing them for employment within the service sector (Tourism, Retail, Food and Beverages etc.)

- The project is led by established Social Enterprise Women in Travel cic with funds from ESF

- Women must be **unemployed** or remote from the labour market

- Women must be enrolled in November

- Women must complete no later than June

- Women will have the opportunity to progress onto further training and/or employment

Are you unemployed and looking to return to work? Are you seeking an opportunity to upskill? Are you in need of a confidence boost? Would you benefit from up-to-date CV and personal support?

THIS IS THE RIGHT PROGRAMME FOR YOU!

Overview

Each woman will access:

1. **Individual mentoring [**2 hours x month x 6 months]
2. **Employability Workshops** and other training x 6 months

3. A **network of likeminded women** and access to various on line resources via Women in Travel cic

4. **Self-study,** such as completing exercises or reading material

5. **Study Tours** to exhibitions and trade fairs (**)

6. **Direct access to employers (**)**

7. **Graduation ceremony** for those who complete

(**) in person or digital depending on pandemic)

UPCOMING INTRODUCTION TO THE PROGRAMME AND ENROLMENT DAYS:

FRIDAY 13 November
10 AM TO 11 AM

WEDNESDAY 18 November
10 AM TO 11 AM

All will take place on zoom.
Link will be provided.

Participants and Enrolments

All participants must be female and live in Newham

They must be able to provide proof of:

- Residency / Eligibility to work
- Proof of age (16 years +)
- Not in education

KEY DOCUMENTS TO ENROL

- Passport or work permit
- Proof of address: bank statement/ utility bill + phone number
- National Insurance Number
- Proof of unemployment: A letter from your employer explaining termination of employment OR/AND a copy of the letter sent to you by the Job Centre OR/AND Universal Credit letter or account screenshot
- CV if you have one [even if it needs updating]

PLEASE NOTE THAT ACCESS TO ' ZOOM' WILL BE REQUIRED FOR THE TRAINING!

On Line Workshops (starting November)

19/11/2020 10 am to 11 am **Maintaining Confidence and Positive Thinking**	Self-confidence is at the basis of everything we do and it is particularly important at a time when things are truly challenging. This workshop will show you how to grow your confidence and maintain a positive mindset even when things become difficult
3/12/2020 10 am to 11 am **Effective communication skills**	Effective communication is an important skill for our working and personal life. It helps us avoid misunderstanding and conflict. This workshop will explain the essential skills of effective communication and how to develop better listening & questioning skills.
17/12/2020 10 am to 11 am **CV Clinic**	What does a good CV look like? Should your CV stand out? How do you help recruiters see what is good about you? This workshop will help you create a new cv or improve your existing one to ensure it represents you fully and at your best.
7/01/2021 10 am to 11 am **Job Search**	How do you look for a job? Who can help you? How do you approach diverse people and industries? This workshop will help you focus on what matters, when to look for work and how best to go about it.
28/01/2021 10 am to 11 am **Job Applications and Cover letter**	So you have found the job of your dream…now what? What do you need to think about to ensure you provide the best application? How do you apply online and write the cover letter? This workshop provides you with some key learning to set you up in the right direction!
11/02/2021 11 am to 12 am **Social media and you**	Social media is increasingly more important when job searching but have you set up your profile and what does it say about you? This workshop will help you understand why social media matters and how you can use it to your advantage.

CONTACT

To confirm your interest and enrol please contact

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Thank you !

WOMEN RETURNERS   WOMEN IN TRAVEL   BAME WOMEN IN TRAVEL