

ADVISER FACTSHEET

ESA Working With Health In Mind

A bespoke motivation & employability related learning programme for ESA clients in Fife.
– Led by BRAG Enterprises on behalf of Fife Employability & Training Consortium.

Available from	Programme intake – 10/11/15 at Brag Enterprises Ltd, Crosshill Business Centre, Main Street, Crosshill, Fife, KY5 8BJ.
Name of Programme	Working With Health In Mind
Contacts	Jane Price, Facilitator Tel: 01592 860296
Key Messages	<ul style="list-style-type: none">• This programme is a 4 week part-time (2 days per week) course mixing motivational training with employability skills. It is aimed at engaging with 16-60 year old Employment Support Allowance claimants to promote healthy living both mentally as well as physically and to improve confidence with employability in mind.

Course Content

Week One

Tuesday 10/11/15

10.00am – 12.00pm Introductions, registrations and ERS

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Confidence and Motivation

Wednesday 11/11/15

10.00am – 12.00pm Workshop on addiction/medication & effects

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm How you see yourself and how others perceive you

Week Two

Tuesday 17/11/15

10.00am – 12.00pm Mind mapping

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Team Building Exercise

Wednesday 18/11/15

10.00am – 12.00pm Mental Wellness

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Letter Writing

Week Three

Tuesday 24/11/15

10.00am – 12.00pm Healthy Living, Better Off In Work Calculations

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm CV and Application Forms

Wednesday 25/11/15

10.00am – 12.00pm Basic IT

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Team Building Exercise

Week Four

Tuesday 01/12/15

10.00am – 12.00pm Interview Skills

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Motivational Speaker

Wednesday 02/12/15

10.00am – 12.00pm ERS

12.00pm – 12.30pm Lunch Break

12.30pm – 2.00pm Recap and discussing next steps

When & Where will it run

- Each course will run Tuesday & Wednesday 10.00am – 2.00pm for 4weeks.
- The first course will be delivered from Brag Business Centre in Crosshill
- An **Open Day** for the programme will take place on **Wednesday 4th November 2015** which will be held in Brag Business Centre premises, **2.00pm – 3.00pm.**

Who Is Eligible?

- The target audience for this programme is pre/post work programme ESA claimants' aged 16-60 year olds.
- Claimants on the **Work programme are not eligible.**

How do I refer?

Telephone Jane Price 01592 860296 in the first instance and please follow your call with a completed Fife-ETC Referral Form

For Further Advice

Please contact Jane Price, Keyworker, Fife Employability & Training Consortium on 01592 860296