

Fifty On East - Support for Older Workers under Flexible New Deal workshop

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Day 1

Knowing yourself

Identifying the Skills You Have Developed

Identifying the Roles You Can Do or Wish To Do

Summary

Day 2

Putting Together Your Personal Action Plan

CV Writing

Competency Based Interviews

Day 3

Further Development Resources

Marketing Yourself

Networking and Online Job Tools

This workshop utilises The Skills Assessment - developed by the Fair Play for Older Workers Project. The workshop is intended to get them to assess not only their **Transferable Skills** but which of those they can 'sell' – their **Saleable Skills**.

The workshop is given in a group environment but aimed at individuals in a one-to-one approach.

How can we help those who are unemployed and over 50, have no focus to their career, they may have had a long time off work, they may have no real qualifications or experience.

They need even more TIME!

- Time to help them remotivate themselves, and build their confidence to sell themselves in the job market.
- Time to assess their skills and experience in depth and determine a realistic career for them
- Time to gain experience and credibility that employers will buy – through work tasters or job placements
- Time to refocus their approach so that they know where they are going – and want to go there.
- Time to develop a CV and application forms that really sell them.
- Possibly support to help them get accreditation for experience they have got, but never had the 'ticket'