

Mon, October 25, 2021

Lochaber Hope - Maximising Potential Programme



Lochaber Hope offers Hope, we provide a service that supports Lochaber people to cope with a wide range of sensitive, personal and challenging issue, as well as gaining key skills to be able to move on successfully. We enjoy a relaxed and informal learning environment based on person-centred values.

What do we offer on our Maximising Potential Programme?

By undertaking our Maximising Potential Programme you will gain a wide range of skills that will help you become employed. We start with small steps to assess your needs and place you on the stage of the programme that suits you best. You will learn many skills that will be valuable in the workplace and in securing eventual employment. We also offer support to those new in the workplace until you get settled.

Some of the activities you can undertake include:

- Stage 2 – Assessing needs, Assessing learning style, Telephone skills, Recognising and developing transferrable skills, Careers Information and job matching, CV and interview skills and mock interviews, personal development (confidence building, assertiveness, effective communication skills) Improving health and wellbeing, Peer support & mentoring
- Stage 3 – Recognising skills and attributing them to employment, Work Experience, Volunteering opportunities, Learning outcomes 1-5, Self employment basic business plan and financial forecast, Mock Interviews, CV and Interview techniques, Alternative job search and Options and choices, mentoring.
- Stage 4 - Careers information advice and guidance, Employer engagement, Job search support, Job matching, Self-Employment mentoring, CV building and Interview techniques, Mock interviews
- Stage 5 – Maintaining employment, Dealing with challenging relationships in the

workplace, Workplace mediation, Employers assistance programme, Counselling and mentoring in the workplace.

Who can apply?

Our courses are open to all aged 16+ - just get in touch to find out more. All courses can be tailored to suit your needs, times and days can vary to fit your training requirements.

What can I achieve?

You will learn key employability skills such as effective communication, team work, problem solving, CV writing and interview techniques. You will also benefit from careers information & guidance, job matching, peer support and mentoring including looking at ways to improve your health and well-being. Part of this training includes work experience and/or volunteering opportunities, so you'll obtain direct experience of the workplace to add to your CV and to make you more employable. This will support your future career aspirations. You will receive a certificate of competence upon completion of the training.

Can I get a training allowance?

We don't currently offer a training allowance, however speak to your Job Centre Advisor if you are in receipt of benefits.

Who do I contact to find out more?

If you want to find out about Lochaber Hope and the variety of courses we offer please email, phone or call in or you can be referred by another organisation. Contact details below.

Further Information and Contact Details

Street Address: Lochaber Hope, Dalnahaine, Belford Road, Fort William, PH33 6ES

Telephone: 01397 704836

Email: reception@lochaberhope.org.uk

Website: www.lochaberhope.org.uk