

START YOUR CAREER AND RETHINK WHAT YOU'RE CAPABLE OF

Improve your quality of life – start your journey of self-discovery into work and learning


#BarclaysLifeSkills

LONDON

MANCHESTER

LIVERPOOL

ESSEX



IF YOU ARE **16 YEARS OR ABOVE**, OUR EMPLOYABILITY PROGRAMME CAN PROVIDE YOU WITH THE **ADVICE AND GUIDANCE** TO HELP YOU TO **DEVELOP YOUR SKILLS AND CONNECTIONS YOU NEED TO GET A JOB.**

Creating a bespoke career plan and access to apply for Barclays training fund means career options are endless on this programme.

LifeSkills advisors will support you to develop skills and experiences to prepare you for work through:

- One to one mentoring with a personal advisor
- Motivation and confidence building
- Job search and application support
- CV writing and interview preparation
- Mock interviews
- Training and supported entry into apprenticeships and employment
- Signposting to support services
- In-work support and coaching

For more information or training courses dates in your area

Visit our website:

<https://www.catch-22.org.uk/services/barclays-lifeskills/>

Contact us on:

02037000381 OR employability@catch-22.org.uk