

SHAID & DURHAMWORKS

PRESENT:

Plan 4 Life Personal Development Training Helping You Explore Your Career Prospects in **NEW** Ways

Plan 4 Life is a supportive programme which helps people get into work or closer to employment.

We use a variety of techniques and support to get our young people to a place where they are confident to move on into something new. Our support workers are experienced in helping you deal with Anxiety and stress. We run confidence building sessions and the one to one support has made the difference for many young people in the last few years.

We can help you do other things too; Create a CV * Get enrolled on a wide range of relevant training * Volunteer to get some great experience on your CV* Get Maths, English or ICT qualifications with support from your own learning mentor * A route to getting your CSCS course and card* We will help you to find Jobs and apprenticeships * Get some work experience * Deal with Stress * Art Therapy and much more!

Once a week we have a Breakfast Club where you can come in and do job search, CV writing, volunteering as well as various courses. You can take advantage of courses and support available. Following this you would get a free cooked full English breakfast.

If you are aged **16 to 24 and not working or at college this programme could be for you!**

Want more info: You can phone/email/message or call into PACT House (Opposite Stanley Job Centre)

Paula Email: paula@shaid.org.uk Tel: 07446 245448

Danny Email: danny@shaid.org.uk Tel: 077688 97862

Sharon Email: sharon@shaid.org.uk Tel: 07460 813564



DurhamWorks
To improve your future



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