

FINANCIAL WELLBEING COURSE

Numbers appears in all areas of our lives, including areas that impact on our health and wellbeing.

Being able to understand and use numbers effectively can help us to live healthier, happier lives.

ABOUT THE COURSE

With Prospect Training's FREE 4-day course, you could develop your employability skills and improve your employment prospects.

As well as the many health benefits, the course will help you to:

- Build on your numeracy skills.
- Be more financially aware.
- Feel more confident.
- Progress into work.

You'll get lunch on all four days AND you'll a £25 All Shops voucher for completing the course.

WHEN

**MONDAY 25TH TO THURSDAY 28TH
MARCH 2024**

WHERE

**QUEDGELEY MEDICAL CENTRE
OLYMPUS PARK, QUEDGELEY, GL2 4NF**

To sign up or find out more, contact Ewen Sanders on:
01452 886 888 or ewens@trainandrecruit.com

Read the attached poster from Prospect for further details.



**HOW DOES NUMERACY
HELP MY HEALTH?**



Manage and take medications safely and appropriately.



Understand nutrition labels on food packaging for healthier eating.



Understand clinical readings and manage conditions effectively.



Understand and calculate repetitions and weights to get more out of exercise.

PTS Your Next Step Programme

Want to develop your employability skills, knowledge and confidence coupled with learning about financial awareness and building your numeracy?

You will get support in helping your employment prospects and meet employers who can support you progress into work.



£25 All Shops Voucher for Full Attendance



You will be provided with lunch and drinks everyday of your course

The course runs over 4 days **only**, with sessions designed to support bitesize learning in friendly surroundings. This includes a variety of fun and engaging activities specially designed to improve your employability skills and financial wellbeing. These workshops are also delivered in small groups to support your needs.

	Day 1	Day 2	Day 3	Day 4
Period 1 10:00am - 11:00am	Who's who, centre orientation inc. registrations	Fractions: An introduction	Employability Skills - CV Update	Job search/exploring specific roles Facilitation Workshop
Period 2 11:00am - 12:00pm	Teamwork – Developing your personal confidence	Fractions: Calculations related to everyday life and motivation	Employability Skills - Application form techniques Update – Your Route to a Career and motivation	Job search/exploring specific roles Facilitation Workshop and motivation
Period 3 12:30pm - 1:30pm	Finances - The number system	Decimals & Percentages: An Introduction Budgeting Interest rates & debt	Employability Skills – Preparing for employment & work	Meet the Employment Liaison Team
Period 4 1:30pm - 3:00pm	Calculations – Calculating your own budget and finance and motivation	Decimals: in modern-day life Budgeting & cost of living percentages with money – Council tax, percentage reductions	Employability Skills – Preparing for employment & work	Catch Up and summary of learning: Progress check on BKSB.





You will also be provided with:

- Induction and enrolment sessions.
- Tailored sessions to improve employability skills and support your progression towards employment.
- Support on financial wellbeing, cost of living and managing money.
- Meeting the Employment Liaison Team to discuss your job prospects.
- Vouchers & Certificate of completion given on last day of course!

For more information, please contact Ewen Saunders at:



01452 886 888



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