

# LAB ONLINE

**COURSES FOR ANYONE AGED OVER 19 WITH  
A CALDERDALE POSTCODE**

**CALDERDALE**



**European Union**

European  
Social Fund



## LAB PROJECT ONLINE:

Know anyone currently unemployed, over 19 and seeking creative upbeat training to keep motivated, develop more skills and confidence for retraining or going back out to work?

The free LAB Project develops team working skills, communication and key online presentation skills for today's world of digital learning, job seeking and employment.

This digital version of the highly successful LAB Project, which has motivated and up skilled learners for 25 years, aims to keep people connected, get you back into a routine and equip you with that confidence to move forward in the new normal. LAB still offers that unique blend of scenarios challenges and tutor mentoring to guide participants towards their potential.

Digital access is required to participate on the course, which means you can learn from the comfort of your own home. If this is not possible, talk to us about accessing our courses from local digital hubs, we'll help you get set up.



*I didn't have proper broadband before, but I got it installed and this is the first time I've got properly involved in the internet. I feel like now is the time to learn and these sessions have motivated me to do that.*



*This is the best thing to do if you're at a point in life where you're not sure what you're doing or are struggling. It really builds confidence and helps to understand yourself and others better.*



*The fact that I was sent an email every day with an easy, safe and quick link to the class was so helpful for me to join. I felt safe whilst learning and thoroughly appreciated the tools and activities such as 'Circle of Influence', SMART and 'Challenge by Choice'.*

Visit the LAB webpage



## PARTICIPANTS WHO MAY BENEFIT:

- People who may need to participate in online interviews for work in future
- Job seekers
- People seeking public facing or online contact work such as customer service roles
- Recent graduates or college leavers
- People who have not worked for a long time
- Parents and carers who are looking to get back to work
- People considering working from home
- Those soon to be or recently made redundant and reconsidering their options

The sessions will run over Zoom from 10am - 1pm each day for two weeks.

Learners will also be expected to complete some independent study as part of the course.

More information:

[engagement@properjob.org.uk](mailto:engagement@properjob.org.uk)

Melissa: 07368 291 874

or Audrey: 07716 638 762



## LAB WELLBEING ONLINE:

Shake off the cobwebs of the last few months, move forward past uncertainty to a better future chosen by you. LAB Wellbeing may suit you if you would like upbeat, friendly support to learn self-care and wellbeing skills to support you moving forward to the 'new normal'.

We have all experienced difficult situations. Having some tools to look at the effects of these can help us rediscover our energy, feel more in control and ready to move on positively. The free LAB Wellbeing course offers help to look at where you are now and deal effectively with decisions moving forward.

The scenarios, group activities and individual tutor mentoring are suitable for anyone who would like to improve their wellbeing, deal with those 'Covid down days' and make some positive changes.

## PARTICIPANTS WHO MAY BENEFIT:

- Anyone who would benefit from keeping connected to the community
- Those who would like to develop mental resilience
- People facing a range of challenges



*Without the LAB and the Works Better team I would not be starting my own travel franchise which has been a dream of mine for some time. I have gone from a redundant angry person to an optimistic, hopeful man.*



*I still focus on these models which are helping me keep on track with my ongoing challenge; which is to make healthier choices when shopping and consume more fruit and vegetables. I am doing this and am feeling rejuvenated both mentally and physically.*



*The sessions are really useful and appreciated because they helped me plan my future and deal with any obstacles that may come up.*

Visit the LAB webpage



- People who wish to improve mental health generally
- Anybody suffering with mild to moderate low mood, depression and anxiety
- People wishing to improve general health and wellbeing
- Anyone facing new stressful personal situations e.g. redundancy
- People looking to make life or lifestyle changes
- Anybody struggling to find motivation or feeling unsettled, depleted or stressed by the challenges of the 'new normal'

The sessions will run over Zoom from 10am - 1pm each day for two weeks. Learners will also be expected to complete some independent study as part of the course.

More information:

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## WEEKLY ONLINE SESSIONS OR AN INFORMAL CHAT ANYTIME

LAB UP will help you with the very first steps, whether that is to get online, take a taster session or simply have a conversation with one of our friendly support staff.

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### PARTICIPANTS WHO MAY BENEFIT:

- Anyone who wants to progress but isn't sure how
- Anyone feeling low in confidence
- Anyone who would like a little more support

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### LAB UP ONLINE:

**MONDAYS 2pm - 3pm**

More information:

[cheryl@properjob.org.uk](mailto:cheryl@properjob.org.uk)

**07826 559 424**



*Wherever we are in life LAB tools can enhance our way forward and give a stepping stone to progress a little or a lot. I really wish I'd done it years ago.*



*I have to say I get something out of every session. It's always worth the effort and time I give it.*

