



You've Got This

Building confidence and positivity

1

Learn coping strategies for low confidence and self-esteem.

Develop positive thinking and behaviours.

Become more confident with your speaking and listening skills.

www.surreycc.gov.uk/outreachlearning

Date _____

Time _____

Venue _____

For more details, ask _____

Outreach work
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You've Got Skills Realising your potential

2

Identify your skills and qualities and how they can be transferred into today's job roles.

Learn how to articulate yourself in CVs, on application forms and at job interviews.

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You've Got the Digital Touch

Developing your online abilities

Learn about Internet Safety.
Understand and use Emails.
Word process a CV.
Search for jobs using
online engines effectively.

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