

Education
Training Skills



COMMUNITY
FUND



Complimentary Sessions for those affected by Covid-19

**Education and Training Skills
Your Training Provider of Choice**

01392 445 444 | Help@etsgroup.co.uk |
www.trainingsouthwest.co.uk

Covid-19 Funded Courses

Education and Training Skills (ETS) in partnership with the Lottery Community Fund are pleased to be able to offer support through free online virtual classroom sessions for people affected by Covid-19.

We are delighted to offer you the opportunity to attend the following free sessions:

Resilience – Dr Vikki Barnes

Managing Stress and Anxiety – Dr Vikki Barnes

Positive Coping Strategies – Dr Vikki Barnes

Post-traumatic Growth – Dr Vikki Barnes

CV writing – Hayley Bird BEd (Hons)

Preparing for an Interview & Interview Techniques - Hayley Bird BEd (Hons)

The sessions will be delivered by our carefully selected and qualified panel of staff and are designed to give people who have been affected by Covid-19 meaningful knowledge to help them formulate their own individual positive coping strategies. Attendees will also receive some individualised support and signposting by their session facilitator if needed. The sessions will benefit all members of society including our amazing key workers.

Following each session, ETS would like attendees to provide feedback to inform us of the impact the session has had. This will help us to further improve our session content, delivery and future support.

Richard Jenkins the CEO at ETS said; *"We sincerely hope the sessions will act as a positive support mechanism to all members of our community including our incredible key workers involved in keeping the country safe, secure and serviced. We hope the sessions will give people the tools they need to overcome the difficulties they are facing during and post Covid -19. The tools we will provide will be wrapped up in the knowledge elements of what is presented during each of the sessions. We hope that each attendee will feel part of a collective with many of us a facing similar pressures and sets of circumstance."*

For more information or to reserve your place contact help@etsgroup.co.uk or phone 01392445444 and ask to speak to Vilija.



Start Here, Go Far

01392 445 444 | Help@etsgroup.co.uk | www.trainingsouthwest.co.uk

Complimentary Session Dates

Resilience

Facilitator - Dr Vikki Barnes

Dates

Wednesday 03 June 2020

Tuesday 07 July 2020

Thursday 27 August 2020

Monday 05 October 2020

Positive coping strategies

Facilitator - Dr Vikki Barnes

Dates

Monday 08 June 2020

Wednesday 15 July 2020

Thursday 17 September 2020

Monday 19 October 2020

Post-traumatic growth

Facilitator - Dr Vikki Barnes

Dates

Wednesday 10 June 2020

Thursday 30 July 2020

Tuesday 22 September 2020

Thursday 22 October 2020

CV Writing

Facilitator - Hayley Bird BEd (Hons)

Dates

Thursday 18 June 2020

Wednesday 01 July 2020

Preparing for interview and interview techniques

Facilitator - Hayley Bird BEd (Hons)

Dates

Tuesday 23 June 2020

Thursday 09 July 2020

Managing stress and anxiety

Facilitator - Dr Vikki Barnes

Dates

Monday 01 June 2020

Thursday 02 July 2020

Wednesday 19 August 2020

Tuesday 29 September 2020



Start Here, Go Far

01392 445 444 | Help@etsgroup.co.uk | www.trainingsouthwest.co.uk