Essential skills for young people starting work

Entering the workplace is a big life change. Your experience can differ hugely depending on your readiness and the size, capability and culture of the organisation you are joining.

Our **"Essential skills for young people starting work"** course will help make you work-ready. We focus on things you need to know and can have some control over, knowing that preparation supports confidence.

On this one-day course, you will learn how to:

- Identify the type of work and workplace culture that will best suit you
- Understand workplace culture and how to get off on the right foot when you start a new job
- Improve your communication skills to help you interact effectively with colleagues and other stakeholders
- Understand toxic communication styles that can damage relationships at work
- Feel well-prepared and confident as you start your new role
- Make a good impression at work from day one
- Maximise your career progression

Take control over your place in the workforce!

Our highly interactive, CPD-accredited course is designed for anyone who is at the beginning of their work team journey.

For more information, to make an enquiry or to register for updates on open course dates, scan the QR code or visit workinharmony.uk/findingme.

CPD CERTIFIED
The CPD Certification Service

Feedback from previous course participants:

"I found it very useful as an ice-breaker into starting the job hunt journey"

"Helps you understand how to get into the working culture, what to avoid and how to speak and listen"

"It was very useful as it taught me things I didn't know before"

"The activities were very useful and engaging"

"The trainers made every participant comfortable and created trust"

"The trainers were great and really engaged"

About Nicole Godetz

Nicole brings a breadth of experience as a Coaching Expert with proven expertise in training, facilitation and change management. She is highly recognised as an open, warm and honest communicator, using intuitive listening skills and acute emotional intelligence.

Nicole has over 30 years of experience working with young people, in education, the youth sector and the workplace.

Nicole specialises in driving a strong, collaborative mentality to bring teams together and encourage reflective thinking, through her consultancy, Noo Thinking.

About Claire Jarvis

A former Director of Communications and Executive Management Board member of Siemens plc, Claire has a deep understanding of team dynamics, culture and communications.

An experienced facilitator, she is also a trained team relationship coach and workplace mediator who now focuses on supporting organisations to build engaged, high-performing teams through her business, Work in Harmony Ltd.

Course Leaders

Experienced consultants Nicole Godetz and Claire Jarvis have teamed up to co-design and deliver this interactive course face to face or virtually.

Nicole and Claire form a powerful partnership with their considerable knowledge and expertise gained from leading teams in different sectors, as well as their respective skills in communication, facilitation, coaching and mediation.