



headspace
Miranda



Get Work Ready group program

Are you between 16 & 25 years of age?

Do you want to develop skills to help you to
secure paid or volunteer work?

If the answer is YES then come and check out our
FREE four week group at headspace Miranda!

When

Every Wednesday from the 9th of November,
until the 30th November 2016.

Time: 4-6pm

Where

headspace Miranda

5/522 Kingsway Miranda, NSW, 2228.

How do I sign up?

Complete the registration form on our website
headspace.org.au/miranda and email to
headspace.miranda@cesphn.com.au.

For more information contact Sofia on 9575 1500.

Limited places—please book early.

Refreshments and resource bags will be provided

What will be covered:

Week 1: Skills and strengths for the
workforce.

Week 2: Preparing for the workforce part
one (writing a resume and cover
letter)

Week 3: Preparing for the workforce part
two (cold calling & interviews)

Week 4: Keeping a work/life balance