

**FREE ONLINE COURSE**

**BACK TO REALITY**



**Have you been made redundant and need to find a new job? Or do you just want to improve your job seeking skills?**



**ADULT EDUCATION**  
WOLVERHAMPTON

**CITY OF**  
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COUNCIL

# Back to Reality

A free online course

**Have you been made redundant and need to find a new job? Or do you just want to improve your job seeking skills?**

This course will help you understand what you need to consider when applying for a job and how to present yourself in the most positive way. Review your work readiness, gain tips and take part in practical activities to take steps towards finding work.

## **You will explore:**

- Your existing skills and knowledge
- How to create a Curriculum Vitae
- Where to look for jobs
- Tips on completing application forms
- How to answer interview questions
- Plan your next steps

This course will take place from the comfort of your own home. You will need to be able to follow URL links to pages on the internet and follow links to join Padlet. Access to a computer, speakers, a microphone, a webcam, an internet connection and a personal email address to be able to take part in this course.

To find out more call **01902 558180** or check out our website **[www.aes.wolverhampton.gov.uk](http://www.aes.wolverhampton.gov.uk)**

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