

Adult Learning

Preparing for Employment

This course focuses on how to prepare for returning to the workplace. With support you will recognise your own skills, experience, attitudes and interests and identify how they are relevant and can be used when applying for jobs.



**Starts Tuesday, 22nd
September 2026**

For 5 weeks

FREE COURSE

09:15 – 11:45

The Foyer, Penrith

Led by our fully qualified Employability tutor

The course will help you gain knowledge about the importance of setting goals and targets within the workplace and understand the importance of good social media etiquette. You will create an effective CV which reflects your skills, experience and behaviours and know how to keep it updated.

ENROL NOW!

To book a place please visit our website at:

adultlearningcumbria.org

Search for the course under the heading 'Employability'. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468 709606** or email **penrithadultlearning@westmorlandandfurness.gov.uk**



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council