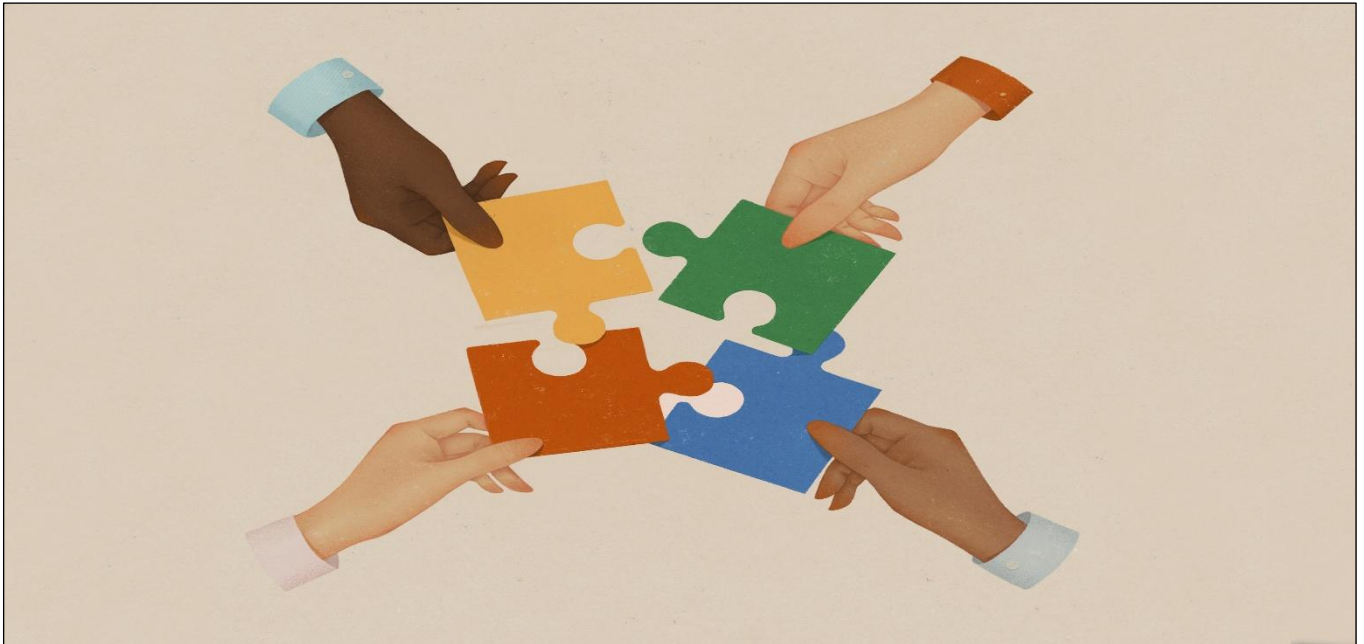


Adult Learning

Seeking Employment



**Starts Tuesday 3rd
November 2026**

For 4 weeks

FREE COURSE

09:15 – 11:45 am

The Foyer, Penrith

Led by our fully qualified Health &
Wellbeing tutor

You will learn how to decode job adverts and tailor your application to show how you meet the job specification. You will also learn how to best approach online assessments which are now commonplace as part of the application process. In anticipation of an interview, we will give suggestions and advice on the importance of preparation and you will have the opportunity to participate in a mock interview. Following on from this you will be given clear constructive feedback on how to improve your performance.

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 **07468709606** or email penrithadultlearning@westmorlandandfurness.gov.uk



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council