

Breakthrough Skills Programme™ for Women



Get That Job!

The job market is getting more and more competitive. Women, particularly those returning to the workplace, may feel like they need an extra boost. That's what this session is all about!

In this workshop, you will be taken through some initial steps to “nailing” a job application and interview – and how to avoid some of the biggest pitfalls.

This **half-day workshop** will be delivered by Astrid Davies, an experienced Coach and an Associate Consultant at L&M Plus Consulting Ltd. Astrid has a successful (99% over 10 years) track record of coaching clients to get the job they want.

The workshop will cover the following key elements:

- ✓ Back to basics – what's the job, and is it for you?
- ✓ Selling yourself - it's OK
- ✓ Subject preparation – learn your stuff
- ✓ Mental preparation - techniques and tips
- ✓ Personal preparation – it's all in the details
- ✓ 5 Interview techniques that interviewers love

At the end of this workshop, you will:

- ✓ Have an understanding of classic NLP confidence techniques
- ✓ Have a handy checklist of the key points, to take away with them
- ✓ Be able to step into the interviewer's shoes and understand what they want
- ✓ Be able to give themselves the best possible chance to Get That Job!

Breakthrough Skills Programme™ for Women Discounted Fee - £40+VAT per person.

Standard Fee: £80+VAT per person for open access workshops.

Contact us for information about the dates and venues and to book your place:

Email: Zoryna.ODonnell@LMPlusConsulting.com



L&M Plus Consulting Ltd.