

Complete a FREE Course with us!

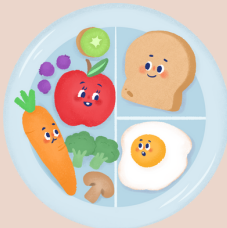


BASIC ICT

This two-day course is designed to develop confidence in working with ICT. It will provide learners with a basic understanding of common ICT skills, such as setting up an email account, working with Microsoft word and excel, learning how to write documents, create a CV, update documents and save them and attaching files to emails.

READINESS FOR EMPLOYMENT

This course runs over 4 days and is delivered in small group sessions. Participants will learn how to write their CV and keep this up to date. Job searching and writing letters and emails of application is also a key part of this course. Participants will learn what employers are looking for in candidates and how to prepare for interviews as well as building confidence and presenting yourself well at interviews whether this be online, telephone or face to face.



HEALTHY EATING

This 1-day course will focus on the importance of having a healthy and well-balanced diet as well as keeping active with simple exercise. The course will look at calories in the food we eat, types of fat, calories needed for energy and how to live a healthy, balanced lifestyle to support wellbeing.

UNDERSTANDING MENTAL HEALTH

This 2-day course will discuss what mental health is and why people develop mental health conditions with tools and tips on supporting your own mental health and wellbeing. The course will be delivered in small groups and look at the importance of identifying mental health issues and triggers, and understanding how to get help.



KIDS IN THE KITCHEN

The course consists of a family based activity around making great tasting food on a budget. The course includes food safety elements, exploring food from around the world and other cultures and building a portfolio of recipes. You will learn how to save money, save time and be more creative in the kitchen as well as cook great food from food parcel contents.

MANAGING MONEY

This 3 day course looks at the importance of managing your money and personal finances, developing understanding of budgets, credit card and loan annual percentage rates (APR), creating a personal budget along with income and expenditure and prioritising finances.



UNDERSTANDING BRITISH VALUES

This 3-day course looks at the importance of British Values and Equality and Diversity. It also addresses the importance of the 9 protected characteristics and LGBTQ+, developing a deeper understanding of these subjects and the importance they hold in today's society.

BUILDING CONFIDENCE

This course is designed to build confidence and improve behaviours in preparation for further learning and development. This is a 10 week course which can be carried out one day a week for 10 weeks, or 2 days a week for 5 weeks. This includes team building activities, mindfulness, personal growth, effective communication, and much more.



Contact us!

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