

What Let's Talk IAPT's employment support programme can do for you!

What does the IAPT employment support programme offer?

We currently offer five different workshop titles including “making value-based career choices” and “CV and Application formats”. Each two hour workshop is an introduction to useful information and techniques you can take away and use within your journey towards achieving your employment goal. In addition to this, we will go over some information, advice or techniques to overcome psychological barriers to employment including information about “stress management” and “dealing with procrastination”.

How can you access one or more of our employment workshops?

You can book yourself directly onto any of our free IAPT employment workshops through using our website at www.lets-talk-iapt.nhs.uk/employment-workshops. Please then select the workshop you would like to attend and enter your name, telephone number and email address into the booking form. We are in the process of adding our workshop titles to the website so please check back each week to find out about the new workshops that have become available. At the workshop you will also find out about other support from IAPT. If you found out about an IAPT employment workshop through a local organization one of their members of staff can also book you onto a workshop through using the same online booking form referred to above.

Can I influence the development of new employment workshop titles?

Yes! Please let us know your thoughts at the workshop so that we can introduce new employment workshop topics for you and other people interested in coming!

Who are the workshops suitable for?

- ❖ Attendees must be aged 16 or over and registered with a Barnet, Enfield or Haringey GP
- ❖ Those who can speak, read and write English at least at a basic level
- ❖ Those experiencing low mood or anxiety
- ❖ Those who are unemployed, or employed but looking for a change in career

Which workshop titles can we deliver and what does each workshop offer?

Careers Advice	Making value-based career choices This workshop will support you to reflect on what is personally meaningful to you and how this information can be used to identify the right job for you. We will look at personal motivators and values and why they are important when choosing a career.
Skills	Reflecting on transferrable skills This workshop will support you to identify useful skills that you have already developed which can be applied within different workplace environments. We will also look at unhelpful thinking styles and practical ways of overcoming low self-esteem.
CV and Applications	CV and Application formats This workshop will support you to understand the different approaches you can use to present information on your CV and the type of presentation which is likely to work best for you. You will also have an opportunity to learn an effective technique for answering personal statements in job application forms. We will also think about how to overcome procrastination.

Let's Talk IAPT is provided by:

Whittington Health NHS Trust
Barnet, Enfield and Haringey Mental Health Trust

Barriers to employment	<p>Overcoming barriers to employment</p> <p>This workshop will support you to overcome both practical and psychological barriers to employment. You will have the opportunity to bring with you any problems that you have been facing and discuss with the group and Employment Support Advisor. We will cover areas including mental health disclosure and gaps in employment. Psychological barriers will also be explored including low motivation and stress. Some psychological themes will be recognised however not covered in depth as they will have been covered in other workshops.</p>
Interview Anxiety	<p>Managing interview anxiety</p> <p>This workshop will support you to understand anxiety and the body's fight, flight or freeze response. You will be introduced to different approaches that can be used to manage interview anxiety. We also look at the benefits of interview specific preparation and how we can balance this with learning to tolerate uncertainty. You will also have the opportunity to work with other members of the group to role play different interview questions. The workshop facilitator will make sure that everyone has a positive experience!</p>

What is my next step?

Next time you have a few minutes spare please have a look at the Employment Workshops page on our website www.lets-talk-iapt.nhs.uk and book onto any one of our free employment workshops. We look forward to seeing you at one or more of our employment workshops!

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