



How has COVID 19 changed your work life?

Furlough?

Redundancy?

Career Change?

Job Hunting?

The impact of Corona Virus has affected the ways we work too. We have changed our ways of working to offer online and telephone appointments so we can continue to support you when you need us.

Free impartial careers advice and support for all adults

The **National Careers Service** provides free, up to date impartial information advice and guidance on careers, skills and the labour market. **We can help you:**

- **Review your work situation**
- **Assess your skills**
- **Find courses to study online**
- **Get new qualifications**
- **Review and develop your CV**
- **Improve your interview skills**
- **Understand the local job market**
- **Position yourself for future work**
- **Realise your potential**

Get in touch today: 0800 100 900

***On-line courses * Self-development * Home working * Managing change * Work / Life balance * Self-assessment -**