

# RETHINK 50+

## Level 1 Employability Job Search Employment Potential Qualification

06.05.2025 - 09-05.2025

09.30AM - 15.30PM

East Sussex College -  
Marine Workshops, Railway Quay, Newhaven, BN9 0ER



This course offers a valuable networking opportunity for individuals aged 50 and above who feel that age is a barrier to employment. It provides a chance to connect with like-minded people and share experiences. Participants will complete a Level 1 Employability Job Search Employment Potential Award.

**The course aims to build confidence and help you understand how to effectively promote yourself in the job market.**

### Participants must be:

- Aged 50+
- On benefits or earning less than £25,000 per year
- Have lived in the UK / EU for the last 3 years

## WHAT'S COVERED IN THE COURSE...



### MOTIVATION FOR WORK

- Understand motivation to secure employment
- Understand Personal development plans



### PROMOTING YOURSELF AND PREPARING FOR EMPLOYMENT

- Understand CV and Cover letters
- Identify Skills
- Prepare for interviews
- Review performances



### PREPARING TO ACHIEVE OWN JOB GOALS

- Identify achievable job goals
- Understand key qualities
- Identify employability skills

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