

FINDING EMPLOYMENT IS JUST A STEP AWAY

Inspira, who are located on Dalton Road in Barrow, run services which could help you if you are unemployed. As an expert in providing careers advice, Inspira delivers programmes which are designed to help people rebuild their confidence and prepare them for getting into or back into the world of work.

From help with your CV, interview preparation and presentation to mock interviews and opportunities to meet employers with current job vacancies, Inspira has successfully helped people for over 20 years find employment and develop their skills.

Local man, Mark Glover, who has recently landed a job with Liberata as a Customer service adviser, said,

"I would have to say that my participation in The Key Course was a significant factor in me obtaining this role. Help with my CV was vital as I learned to tailor it to meet the criteria in applying for this role. Other aspects, which were perhaps less obvious to me during my time on The Key, but came to the fore during the application process, were: confidence building, a sense of discipline, a sense of focus, the sense of feeling less anxious in an interview and a help with my general interaction with others, which with me, (as with many people) can be a weak point."

Inspira runs several sector-specific pre-employment programmes in construction, care, catering and security. All the programmes have a certified qualification included and give participants access to employers who have live vacancies.

Inspira has services for young people as well as adults, including the National Citizen Service, a once-in-a-lifetime summer adventure for 16 and 17-year olds. If you have a young person in your family, who is finishing GCSEs this year and doesn't know what to do with their summer, contact an NCS Co-ordinator in the Barrow office. Financial assistance is available for those who meet the criteria.

FREE HELP FOR YOU

INSPIRA CAN HELP YOU, WHETHER YOU ARE:

- In-between jobs
- Needing help to apply for a job
- Thinking about a career change
- Needing help to write a CV
- Being made redundant
- Wanting to get back to work after a career break
- Needing help to prepare for an interview
- Or just have no idea where to start or what to do next



GET IN TOUCH

- Why not call into our Inspira Centre at 237-241 Dalton Road, Barrow-in-Furness LA14 1PQ
- Ring (01229) 824 052
- Email: info@inspira.org.uk
- www.inspira.org.uk



@inspiraforlife