



msletb

Bord Oideachais agus Oiliúna
Mhaigh Eo, Shligigh agus Liatroma
Mayo, Sligo and Leitrim
Education and Training Board



UNLOCK YOUR FUTURE

Want the support of a trained and experienced Guidance Counsellor from the comfort of your own home? Need help bouncing back from these challenging times? Our new, **FREE 4 week career-exploration programme** could be just what you need!

Unlock your Future programme aims:

- Discover your professional potential through career-matching tasks and a skills audit.
- Learn more about the National Framework of Qualifications and career pathways.
- Explore educational courses that best suit your needs.
- Develop your job-seeking skills.
- Identify self-care practices that will support your journey.
- Increase your self-awareness and self-confidence around moving forward.



COURSES



To participate in Unlock your Future:

- You must be over the age of 18 (Places are also available for those aged 16-18 who are no longer in full time education)
- The programme is open to all unemployed adults, employed adults who meet certain criteria may also participate. An initial discussion with a Guidance Counsellor will help to determine your suitability.
- You must be able to commit to 8 hours of participation over a period of up to 4 weeks (e.g. 1 hour of research tasks at home and 1 hour online with a guidance counsellor each week).
- You need access to a device with internet connection (e.g. PC, laptop, tablet, smartphone).



If this new programme isn't the right fit for you, don't forget that our Adult Educational Guidance and Information Service is always here to help and currently continues to offer remote support to new and existing clients. We are available all year round.

Interested?

Contact Lorraine on 086 033 4679
or email lorrainestaunton@msletb.ie



See www.msletbadultguidance.ie for more information about our service