

# Inspire @2 Work

**Looking for work and aged 16-24?**  
**Join one of our FREE training courses.**  
**Come along to learn a new skill!**

We can Tailor-make a course to suit you and some of what we already provide is listed below.

Please contact the I2W tutors for more information.

## EMPLOYABILITY COURSES

- Interview Skills
- CV Writing
- Career Planning
- Job Application support

## WORK RELATED TRAINING

- Food Hygiene L2
- Health & Safety L1
- Manual Handling
- CSCS Green Card

## LIFESTYLE COURSES

- Budget Awareness
- Understanding Stress
- Improving Confidence

## SECTOR SPECIFIC TRAINING

- Work Placements
- Taster Sessions

**Contact the team now to book a place or find out more**  
**on 07784360848 / 07784360845**



Cyngor Bwrdeistref Sirol  
**MERTHYR TUDFUL**  
**MERTHYR TYDFIL**  
County Borough Council



UNDEB EWROPEAIDD  
EUROPEAN UNION



Llywodraeth Cymru  
Welsh Government

**Cronfa Gymdeithasol Ewrop**  
**European Social Fund**