

# Back on Track

This 6 week programme will help you set priorities and plan your life and your job searching for better results!



You'll work in a small group, in a non-classroom based setting, developing your skills and exploring your options for work. You'll develop your Teamwork & Assertiveness, Work Ethics, Employability & plan your next steps, using a mixture of team activities, days out and discussions.

**Programme Starts -**  
**Monday 24th February**  
**Monday 27th April**

**@ Eat That Frog Plymouth,**  
**The Jan Cutting Healthy Living**  
**Centre, Scott Business Park, PL2 2PQ**

**Get in touch for more info**

**Phone:** 01803 551 551

**Email:** [info@eatthatfrog.ac.uk](mailto:info@eatthatfrog.ac.uk)

**Website:** [www.eatthatfrog.ac.uk](http://www.eatthatfrog.ac.uk)

