

KICK-OFF YOUR CAREER WITH TRAINING GROUND



Are you:

- Aged 16-24?
- Not in education, employment or training?
- Struggling to start your career?



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UK Government

**LEVELLING
— UP —**

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Training Ground is a free mentoring programme that will improve your skills and get you ready to start your career, opening the door to the workplace or further education or training.



Improve your confidence and create a more positive mindset.

Get support and develop the skills that will get you a job

- We'll help you improve your physical and mental health
- Optional work experience and volunteering opportunities
- Behaviours, attitudes and attributes for work
- Employability skills development
- Develop and improve key skills such as team work, communication and goal setting

**Visit EFLTrust.com/TrainingGround for more details.
Email: UKSPF@efltrust.com**



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