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# ADVANCE <sup>three</sup><sub>13</sub> PROGRAMME

**GET YOURSELF SOME WORK EXPERIENCE**



**@THREE13TRAINING**

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PROGRAMME RUNS ON MONDAYS & WEDNESDAYS, WHERE YOU'LL LEARN PRACTICAL SKILLS ON THE WORK EXPERIENCE PATHWAY OF YOUR CHOICE, ALONGSIDE:

- TEAM BUILDING
- HEALTH & SAFETY
- CONFIDENCE BUILDING
- 1:1 MENTORING
- EMPLOYER EXPECTATIONS
- SUPPORTED JOB SEARCHING
- CV & INTERVIEW SKILLS
- CAREERS INFORMATION, ADVICE & GUIDANCE

**THREE13 TRAINING HUB**  
ST ANDREW'S METHODIST CHURCH  
OLD MILL ROAD, SOUTHWICK  
SUNDERLAND, SR5 5TP

**FOR PEOPLE WHO ARE LOOKING TO MOVE FORWARD AND FIND WORK, BUT DON'T WANT TO SPEND ALL THEIR TIME IN A CLASSROOM!**

**SIGN UP TODAY**

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9AM-2.50PM | 2 DAYS A WEEK

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