

# ADULT TRAINING NETWORK

## FREE\* COURSES

FOR ADULT LEARNERS IN  
ENGLISH ESOL  
HEALTH & WELL BEING  
SKILLS FOR WORK  
DIGITAL SKILLS

\*Eligibility subject to status

### ENGLISH ESOL

- Our courses in ESOL will enable learners to apply the skills of reading, writing, speaking and listening in both their personal and working lives.
- Leading to a Qualification and/or a job as the next step.

### Health Eating & Wellbeing

- Improve your lifestyle and reduce stress/anxiety during the current Covid 19 pandemic. Boost your self-esteem and wellbeing.
- Examples of positive lifestyle changes including healthy eating tips.

### Skills for Work

- Creation of a CV. Preparing for and performing well at interview.
- Searching for a job online.
- Introduction to retail, customer service and business admin roles.

### Digital Skills (IT)

- Digital Skills (IT) sessions for learners who have limited experience with computers. Learn a variety of Digital skills such as using Zoom, uploading CVs, using social media, safe internet browsing, downloading apps, emails.

*For more information:*

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Education & Skills  
Funding Agency

STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS

