



Job Clubs helps and supports you through:

- an eight-week course
- meeting with others and
- one-on-one coaching sessions.

There are 3 components to the Club:

Community • It can be hard to stay motivated when you're searching for work, especially when you're on your own. At a CAP Job Club, you will meet other job seekers and you'll support and encourage each other along the way.

Course • The eight-session 'Steps To Employment' course takes you through each step of the job-hunting process. Doing the course equips you with essential tools such as how to apply for jobs, how to write a great CV and how to have confidence in interviews. It's also an opportunity to have a look at your strengths and identify your hidden talents!

Coach • CAP Job Club Coaches provide one-on-one support and mentoring, and will help you until you find work! Coaches spend time helping you set your own goals and identifying how you can overcome the challenges you may be facing.

What Job Club members are saying:

After Brooklyn's first ever job interview, he had this to say about CAP Job Clubs: "The Job Club gave me the confidence to go in and meet with 'the boss'. I would have been a lot more nervous and shy otherwise." And how does Brooklyn feel now after being in a paid role for several months? "I'm way glad I have a job! It's much better than sitting home and trying to find something to keep me busy!"

"They not only helped me through steps of employment but helped build my self confidence and self esteem. The club also made me identify some of my personal qualities that I never knew I had. Thank you CAP I am truly grateful". Nia, CAP Job Club member

To find out more about free CAP Job Clubs, contact Richard Newson at richard.newson@capnz.org