

People who have been on the course **Say:**

“**InFIT** brought out my confidence to ring up, look for jobs and keep going until I got one.”

“The cold calling session **Refreshed** me in making me realise anything is possible!”



“I’m calmer and more **Confident** and I know how to use my knowledge more quickly.”

“**InFIT** was a confidence booster, threw you into a group with different sorts of people – it was good for social skills.”



Welcome to **InFIT.**

Your guide to our motivational and goal setting fitness course - **InFIT.**



This leaflet is also available in large print and braille formats on request.



Delivering services on behalf of



Department for Work and Pensions

Introduction to **InFIT**.

At Intraining we realise that taking the first steps back into work can be daunting, especially if you have been unemployed for a long time or feel a little lost getting back into the job market. This course will help you understand your own goals based on the type of person you are and how to use this knowledge to get the best out of what's available to you in the world of work.

We want to make sure our time together is as useful as possible. This means finding the best fit between:

- **Who you are?**
- **What you want?**
- **What's available?**

Course **Overview**.

InFIT is our unique programme, aimed at making you think differently about how you approach your search for work. It will help you take ownership of your own career plan, giving you a focus and a clear route to the job you want and how you wish to develop in that job.

During InFIT, one of our trained coaches will work with you and your small group to identify your barriers and help you to talk about planning your own journey to success. You'll work through exercises and activities to become sure about what you want and understand how to get there.

It will be a relaxed and informal learning environment where you'll meet new people and explore new ideas. You'll increase your own confidence which you can then build on throughout your Work Programme journey with Intraining.

At InFIT we might be the experts in finding different ways to help you look for work, but you are the expert on you. It's an opportunity to find out more about what makes you tick and how the work you get can help you to be at your best, more of the time.

We will go over the following areas, utilising interactive tools and techniques:

- **Building rapport and communicating effectively**
- **Setting and achieving personal outcomes**
- **Staying in a positive state**
- **Presentation styles**
- **The most effective job search techniques**
- **Team work**

We will work with you, as part of a group, to help you find out what's stopping you from being in the job you want. We then cover all the different things you could be doing to move yourself from where you are now to where you want to be.

Most of the course is group activities and working in pairs – we take it at your pace and ensure that everyone gets the chance to participate as much or a little as they need. We will adjust the course to the needs of the group, making sure that we're not wasting anyone's time.

Outcomes.

By the end of the course you will:

- **Have the confidence to identify your own personal goals**
- **Gain the strength to make the right decisions**
- **Believe in your own abilities**

Duration.

The course lasts **two days** and will be delivered in one of the teaching classrooms. You will also have the opportunity to take the Empro* test, which will support your InFit course.

* You can find out more about Empro in our Welcome Leaflet (EMP002).

