



One objective, ten simple sessions...

“Looking after your future”

A self-study pack for carers wanting
to enter work or learning

Welcome to Looking After Your Future - a self-study pack for carers who want to get back to work. By undertaking this short programme of study you are signalling a major commitment to yourself to develop new insights and explore new directions for yourself.

Who is the pack is meant for?

Many people like you have given up jobs outside the home to care for a member of their family, a neighbour or a friend. This pack is intended to help people who have had some time out of the job market to make changes, however small, that will create positive results in their lives.

You can use this pack to review your options, decide what you would like to do next and to what extent you want to make a change in your circumstances.

You may feel that you want to take up a new interest. You may want to learn new skills or update existing ones or you may be thinking about getting a job outside the home or preparing for a new career.

Aims of this pack

- To help you identify and assess the strengths and skills which you have gained from your experience of life
- To help you explore and make informed choices about the opportunities open to you
- To help you plan or prepare for moving on



Contents

Session 01	Getting started
Session 02	Learning from your personal experience
Session 03	Looking at my life
Session 04	You have more skills than you think!
Session 05	Exploring your achievements, dreams and values
Session 06	What is out there for me: learning something new
Session 07	What is out there for me: earning some money
Session 08	Setting goals and addressing barriers
Session 09	Presenting yourself
Session 10	Looking back and looking forward

let's begin...





Some of the proceeds of the sale of this pack will go to support the work, learning and development needs of family carers in Hertfordshire