Fit For Work Program

Motivation and taking responsibility – Self-care and living skills – Managing money and personal administration – Social networks and relationships – Drug and alcohol misuse – Physical health - Emotional and mental health – Meaningful use of time – managing tenancy and accommodation – Offending and legal issues – Job skills and experience – Aspiration and motivation – Job-search skills – Stability – Basic skills – Workplace and social skills – Health and wellbeing - Motivation and taking responsibility – Self-care and living skills – Managing money and personal administration – Social networks and relationships – Drug and alcohol misuse – Physical health - Emotional and mental health – Meaningful use of time – managing tenancy and accommodation – Offending and legal issues – Job skills and experience – Aspiration and motivation – Job-search skills – Stability – Basic skills – Workplace and social skills – Health and wellbeing - Motivation and taking responsibility – Self-care and living skills – Managing money and personal administration – Social networks and relationships – Drug and alcohol misuse – Physical health - Emotional and mental health – Meaningful use of time – managing tenancy and accommodation – Offending and legal issues – Job skills and experience – Aspiration and motivation – Job-search skills – Stability – Basic skills – Workplace and social skills – Health and wellbeing - Motivation and taking responsibility – Self-care and living skills – Managing money and personal administration – Social networks and relationships – Drug and alcohol misuse – Physical health - Emotional and mental health – Meaningful use of time – managing tenancy and accommodation – Offending and legal issues – Job skills and experience – Aspiration and motivation – Job-search skills – Stability – Basic skills – Workplace and social skills – Health and wellbeing - Motivation and taking responsibility – Self-care and living skills – Managing money and personal administration – Social networks and relationships – Drug and alcohol misuse –

Supporting your personal journey towards training, education, employment and improved life skills

At YFCC we know issues such as accommodation, mental health, self-care, living skills and your general health and wellbeing, can make it hard to secure a job. If you're aged 15 to 25 years, the Fit For Work Program is here to help **you** through those issues.

A Youth Coach will work with you **one-on-one** to learn a range of life skills and help with any issues that may be holding **you** back from getting a job.

We'll also work with you on Work Readiness skills **you need** to ensure you are ready for work, including how to apply for jobs, interview skills and making sure your resume tells **your** story.

For more information on how the Program can help **you** improve your jobseeker skills contact:

Phone 6423 6635
or email
reception@yfcc.com.au

YFCC
YOUTH, FAMILY & COMMUNITY CONNECTIONS

The Fit For Work Program is an initiative of Youth, Family and Community Connections Inc., supported by the Tasmanian Government through the Department of State Growth.