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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. 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 jobseeker skills **you need** to ensure you are work ready, including how to apply for jobs, interview skills and making sure your resume tells **your** story.

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

(03) 6423 6635

or email

reception@yfcc.com.au



The Fit For Work Program is an initiative of Youth, Family and Community Connections Inc., supported on The NW Coast by the Tasmanian Government through the Department of State Growth and in Launceston through the Australian Government Department of Social Services