## Twiningenterprise mental wellbeing through work

# **IPS WORKS**

### NEED SUPPORT GETTING INTO WORK?

- 1-2-1 support
- Careers advice & guidance
- CV writing & application forms
- Tips & tricks to find the right jobs & voluntary roles



- Mock interviews
- Confidence
  building
- Motivation tips
- Stress management
- Benefits advice
- In work support

#### Free confidential service

Twining\_news www.twiningenterprise.org.uk



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WHO IS IT FOR? Are you motivated to work but the steps needed to find a job leave you feeling stressed, anxious or depressed? We offer employment support and advice to people who are over 18 and are unemployed.



#### Call: 020 8840 8833 Email: info@twiningenterprise.org.uk

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