



HELPING WOMEN TO FIND MEANINGFUL PAID WORK

Step Into Work is a program specially designed for women who want to find meaningful paid work - whether you are seeking employment for the first time or wish to return to the workforce.

The sessions are led by Step into Work Inc. volunteers with expertise in human resources/recruitment, coaching, planning and stress management.

The program covers practical areas including:

- Matching values, skills and interests to types of work
- Searching and applying for jobs
- Preparing resumes and cover letters/emails
- Communication skills and interview techniques

It also focuses on building life skills and confidence needed when entering or returning to paid employment:

- Managing the family and work life balance
- Relaxation and stress management
- Developing personal networks and using them effectively

WHERE: Integricare Parenting and Family Service, 89 Cameron Street, Rockdale 2216

WHEN: Tuesday 25th February to Tuesday 1st April 2025. **6-week program**

TIME: 10.00am to 12.30pm

HOW TO ENROL: Contact Binita Dhungel Ghimire

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For more information about the program, please go to stepintowork.net