



## EVALUATION OF 33<sup>rd</sup> MOVING ON COURSE

The **MOVING ON COURSE** is a 4-week employment preparation course concentrating on individual needs and interests. There is no requirement for work to be an end result, but attendees must have the desire to 'move on' in some way and the belief that it is possible.

### Qualitative assessment

The 33<sup>rd</sup> Moving On Course ran from 2<sup>nd</sup> to 24<sup>th</sup> February 2010 over 12 half days at our Rawlinson House, Redhill offices.

Attendees identified different goals at the beginning of the course, including:

- Getting a decent CV.
- Interview techniques.
- Knowing what an employer is looking for.
- More confidence, self esteem and motivation.
- Finding out how I cope in a group / with other people.
- Not feeling so alone.
- To find out about options and support.

### Speakers

Thank you *again* to all our speakers, who give up their time voluntarily to give training, support, information, advice and encouragement. These sessions are hugely appreciated and well received by attendees.

Claire Cutler-Casey via Business Link Enterprise Gateway, provided 3 sessions covering Personal Presentation, Communication Skills and Assertiveness. Claire's dynamic and friendly style have been both motivating and very educational!

Lynn Crittenden, a counsellor and ESRA Director, who holds a session on relaxation and breathing techniques. This is held early on in the course to help attendees identify some quick and easy ways to manage stress and anxiety. Particularly helpful during the run up to an interview!

Jane Burse, Integrated Service Manager from RNIB in Redhill, provided the Employers' point of view. She outlined the recruitment procedure and gave excellent advice on how to deal with issues like disclosure and how to make a good application. Jane was also able to tell the group about some vacancies that RNIB have at the moment and encouraged applications.

All nine people on the course worked really well together and formed a strong bond. Again, it was a pleasure to be with this group for 4 weeks.

## Quantitative assessment

Out of 18 referrals, 9 people started the course and all finished. Attendance was a healthy 91%, with most absences pre-booked. 4 people on the course are either actively seeking paid employment or re-deployment and 3 are now looking at setting up their own businesses. 2 attendees are also looking for specific training and some are exploring some voluntary options as well. All but 2 have chosen to continue with one to one support from an ESRA Employment Manager.

### **Completed evaluation forms are summarised below:**

	1 = poor                      5 = excellent					
	1	2	3	4	5	<i>Comments</i>
<b>Knowledge of subjects before course</b>	1	4	3	1		
<b>Knowledge of subjects after course</b>				4	5	Good knowledge. Jane was great – funny anecdotes – squid!
<b>Effectiveness of trainers</b>				2	7	Very well done. Good knowledge. Brilliant.
<b>Knowledge of trainer</b>				2	7	Could not of (sic) been better.
<b>Enterprise Gateway</b>		1	2	2	4	Brilliant service.
<b>RNIB</b>				4	5	Excellent – down to earth. Hoping to apply, great tips. Look forward to any opportunities.
<b>Effectiveness of materials used</b>			1	3	4	Not sure what this means. Too much paper – help! Folder was great.
<b>Appropriateness of venue</b>				5	4	Easy to get to. Very spacious. Good location.
<b>Course aim met</b>				2	7	Very well.
<b>Learning Objectives met</b>				3	6	Learn a lot. And more.

### **Things you liked best about the course:**

- Claire and her behavioural styles.
- The course was set at a nice pace, well structured and met all my needs and objectives.
- Jane is very knowledgeable and is obviously passionate in what she does and showed in the way she presented the course.
- Learning about where to look for work and CVs and also confidence building.
- Be able to share past experiences with others in similar situations.
- Delivery by Jane overall and excellent speakers and camaraderie gained and enjoyed.
- Choc biscuits.
- Meeting people with similar circumstances.
- Oranges and learning.
- Everything, very motivating and encouraging.

### **Things I would change:**

- It would be nice to have a course schedule saying what is happening every day.
- Some more explanation on things.
- I feel that longer sections towards END of course what (sic) benefit for routine and amount we could get out of it.
- Longer!

**Things I have gained through this course and any other comments:**

- More self confidence, especially to start on self-employment. Also finding out resources to achieve this.
- Confidence and don't feel so isolated.
- I have revised my CV.
- I have learned a lot about job applications and interview techniques.
- Knowledge on CVs. Looking for work websites also.
- Feeling more relaxed in group situation, learning of some situations which occur and learning to manage it.
- I am glad I attended this course and believe there should be more people like Jane in this world!
- More knowledge and clearer direction for future, together with increased confidence gained from group situations and speakers.
- More confidence, empathy, friendship – drive to better my situation.
- Better motivation, confidence and structure.

**People can receive one to one tutorials or advice sessions without attending the course. So please get in touch if you wish to book an appointment.**

**Next Course**

The next Moving On Course will run from our Redhill office from 5<sup>th</sup> to 27<sup>th</sup> May 2010 on Tuesdays, Wednesdays and Thursdays from 10am-1pm.

**Enquiries and requests for **Moving On** referral forms to:  
**Jane Cattermole at ESRA, on 01737 772115 or 07775714457 (mobile). Or please see our website at [www.esrasurrey.co.uk](http://www.esrasurrey.co.uk)****

JC/ Mar 2010