

Disability Can Do

Through our group and 1-1 sessions
'Can Do' will help you...

SCAN ME



- Set and achieve personal goals and targets
- Increase your confidence
- Identify your transferable skills
- Expand your communication skills
- Prepare a great CV
- Develop impressive interview skills
- Encourage positive conversations around disability
- Find and apply for volunteering, employment and training opportunities
- Navigate and overcome in work challenges



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**Working
on Wellbeing**



Disability *Can Do*

Working on Wellbeing

Do you want to meet like-minded people?
Are you looking to build confidence?
Would you like to upskill?

Working with disabled individuals
around their career goals
and how these goals can be achieved.

SCAN ME



IF YOU...

- Identify as having a disability or condition
- Are unemployed
- Are 16 and over
- Live in Gwent

WE CAN HELP YOU



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