

WIN Wakelets made for you

Connect with yourself

Check in with this collection of videos, activities and resources which will help you build your self-awareness, self-esteem and self-confidence

Connect and Motivate - part 1

How do you motivate yourself and keep learning at home?

Top tips and encouragement to inspire you

Connect and Motivate - part 2

Adapting to change and building resilience. This collection offers help and strategies for self-care and resilience in an ever changing world

Build Your CV

A practical guide to writing your CV, with step by step guidance and lots of resources for you to use and choose what works for you.

Interview preparation

Get ready for interviews, online and face to face with this interactive collection which will help you feel more confident and give you tips and guidance to help you ace your interview.