

Introducing 'Back in the Game'.



As a direct response to those who have lost their jobs as a result of the Covid-19 pandemic, the team at School of Hard Knocks have created a shortened, online and high impact version of our standard eight week course.

It will include 3 compact zoom sessions (live) each morning for one week, with facilitated group work followed by scheduled 1-1 phone calls in the afternoon to support individual needs.



Back in the Game: Summary

With an urgent focus on re-employment, the SOHK short course will be delivered over five days, within one week, running from 09:30 to 12:00 each day.

Participants can do this entirely from home as long as they have access to Wi-Fi and some means of interacting with the live sessions on a desk top PC, a lap top, a tablet or even a phone.

By utilizing the Zoom platform, we will recreate a sense of being together without physically being together.



Back in the Game: The aims

Our dual aim is to:

Mentally

Get participants into a positive state of mind with some helpful strategies to enable a growth mindset as they consider possible new sectors and employers.

Practically

Support participants as they get up to speed on their accelerated journey back into work. This includes a CV re-work, thinking through their online profiles and interview preparation and technique.



Back in the Game: Core elements

The Body

A daily and fairly gentle warm up with a live online personal trainer or yoga teacher. Research is clear that the brain is more responsive and agile after exercise.

The Mind

A daily session that will include a short mindfulness exercise and a range of discussions around managing anxiety, stress, resilience and growth mindset.

The Future

The practical elements needed to enable a quick return to work. We will be introducing new elements such as tips for interviewing online and how to build meaningful networks on LinkedIn.



Back in the Game: Daily timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Body	Mobility, movement & Core	Mobility, movement & Core	Mobility, movement & Core	Yoga & mobility	Mobility, movement & Core
Break					
Mind	How to get where you want to be	How to overcome your fears	How to develop your growth mindset	How to manage change and anxiety	How to be a champion
Break					
Future	How to set effective goals	How to maximise your job search	How to get an interview	How to smash an interview	How to manage your online image and be a star at work