



AUGUST NEWSLETTER

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Welcome to our newsletter!

In this newsletter, you can learn tips to improve your reading, read about the impact of our Adult Social Care course, enrol on new courses and much more.

Read below!

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Job Readiness

5 ways a course can help boost your confidence

Going for a job interview can be quite nerve-wrecking, but did you know that doing a course will increase your confidence and help you feel more at ease during your interview

Here are 5 ways of how our vocational courses can help you:

1. You will gain real skills that you can add to your CV and talk about it in an interview. Showing that you have taken action to improve yourself is a great plus for employers.
2. For most jobs, communication skills are essential. By doing a course you will practise speaking, listening and working with others and thus, improving your skills.
3. You will learn the language and tasks that you will use in the workplace, which will help you feel more confident.
4. Employers value when employees know how to solve problems. With the right course you will learn about problem-solving and also how to ask for help.
5. Every single time that you complete a lesson or a module, you will prove to yourself that you can do it. When you have confidence,

you show that you believe in your potential.

In essence, a course will not only make you feel more confident, but it will also show employers that you are serious about your future.

At MI Skills, we can also support your journey towards employment with our employability, vocational and foundation courses.

[Learn More](#)

From Challenge to Change: Learners Transform Their Lives Through Adult Social Care Training

A group of exceptional learners recently completed the **Level 3 Certificate in Preparing to Work in Adult Social Care**, and their journey is nothing short of inspiring. Despite facing significant barriers such as long-term unemployment, low self-confidence, and a lack of formal qualifications, these individuals made the bold decision to retrain and pursue meaningful careers in adult social care.

Coming from diverse backgrounds — including retail, cleaning, hospitality, and warehouse work — each learner brought their own life experience, determination, and passion for helping others to the course. What united them was a shared desire to create a better future for themselves while making a difference in the lives of others.

Throughout the programme, learners overcame personal and professional challenges to develop essential knowledge and skills in safeguarding, communication, person-centred care, and equality and inclusion. For many, this was their first experience of formal education in years. Yet their motivation never wavered — they engaged fully in

their learning, supported one another, and grew into a close-knit, encouraging learning community.

“Before starting this course, I didn’t think I had a future in care. Now I feel proud of what I’ve achieved. I understand how to safeguard and support individuals properly, and I’m applying for care worker jobs with confidence.”

Their transformation has been extraordinary. What began as a step into the unknown has resulted in newfound confidence, direction, and employability. Several learners are now attending job interviews, securing voluntary placements, and actively applying for care roles. Others are preparing to progress onto the **Diploma in Adult Care Level 3**, with aspirations of becoming care supervisors, mental health support workers, and even nurses.

What the learners have to say



Najma (pictured above): *“The course gave me the knowledge and confidence I never had before. I now know how to handle situations in a care setting, and I’m applying for jobs*

Farah:

“This course helped me realise that I’m capable of much more than I thought. I’ve been unemployed for a long time, but now I’m ready to work again and give back through care.”

Mariam:

“I used to feel unsure about my skills because I didn’t have experience in care, but this course changed everything. I’ve learnt so much and even started volunteering to build up my experience.”

Zahra:

“Learning about communication and person-centred care has helped me in more ways than one. I now feel confident speaking to people, understanding their needs, and supporting them with dignity and respect.”

I would never have imagined going for before.”

These learners represent everything adult education strives to achieve: **opportunity, empowerment, and lasting personal and professional change**. They leave the course not only with a nationally recognised qualification, but with the skills, confidence, and vision to thrive in a vital sector.

They have turned a period of uncertainty into one of possibility, and their progress is already making a real impact — not just on their own lives, but on the lives of the individuals and communities they will go on to care for.

Their journey stands as a powerful reminder that with the right support, community, and belief in one’s potential, anything is possible. This group is truly deserving of recognition — not just for what they’ve achieved, but for the hope, compassion, and professionalism they bring to the future of adult social care.

Learn more about our vocational courses below

[Find More](#)

Is Reading A Challenge?



Many adults struggle with reading. If you feel that is you, know that you are not alone and that there is nothing to be ashamed of.

In fact, reading is something that can be improved and that is why we have these reading tips for you:

- Read about topics or genres that you like
- Read aloud to yourself
- Listening to audiobooks while reading can help with your pronunciation and understanding
- Practice writing down new words, and put them in your own personal dictionary
- If you are an ESOL learner, try reading side-by-side in English and in your first language
- Reading only 10 minutes a day will build your skills over time
- Ask yourself questions like who, what, where, why and/or how to improve your understanding
- Try re-reading to get clarity
- Break the text into sections, so that you don't feel overwhelmed
- Many libraries have books to help adults learn to read, so make sure you use their resources

More importantly, remember that it is OK to make mistakes. Don't give up! The more you read, the better you will get.

And if at some point, you feel you feel these tips are not enough, you can improve your reading by joining one of our English classes.

[Learn More](#)

Upcoming Courses

Interested in doing a course with us?

Check the list of our upcoming courses and their start dates, and register below:

Vocational



- **Course:** Preparing to Work in the Construction Industry
Start Date: 08/09/2025
- **Course:** Preparing to Work in the Security Environment (SIA)
Start Date: 11/09/2025
- **Course:** [Pathway to work in Health Care Sector](#)
Start Date: 18/09/2025
- **Course:** [Pathway to work in Childcare Sector](#)
Start Date: 22/09/2025

Employability

- **Course:** Employability
Start Date: 12/09/2025
- **Course:** Employability Combined
Start Date: 19/09/2025



English



- **Course:** [ESOL for Work](#)
Start Date: 08/09/2025
- **Course:** [Functional Skills English L1/L2](#)
Start Date: 10/09/2025
- **Course:** English with Confidence
Start Date: 10/09/2025
- **Course:** [ESOL for Work in Hospitality + Digital Skills E3/L1](#)
Start Date: 15/09/2025
- **Course:** [Functional Skills English for Work E3/L1 or L1/L2](#)
Start Date: 22/09/2025
- **Course:** Welcome to English
Start Date: 23/09/2025
- **Course:** [Functional Skills English](#)
Start Date: 26/11/2025

Maths

- **Course:** [Functional Skills Maths for Careers](#) E3/L1
Start Date: 15/09/2025
- **Course:** [Functional Skills Maths](#) L1/L2
Start Date: 03/11/2025



I.C.T.



Folder



e-mail



Internet



Computer

- **Course:** Get Connected
Start Date: 08/09/2025
- **Course:** [Increase Digital Skills](#) with [Maths](#) and AI Confidence E3/L1
Start Date: 10/09/2025
- **Course:** [Increase Digital Skills](#) and AI Confidence E3/L1
Start Date: 15/09/2025
- **Course:** [Essential Digital Skills](#)
Start Date: 29/09/2025
- **Course:** [Digital Skills](#) & AI E3
Start Date: 03/11/2025

Enrol Now!



5-Minute Mental Health Check-In

As empowering as studying as an adult can be, it can also be overwhelming when trying to balance your learning with work, family and other responsibilities. Therefore, it is important that you check in with yourself for just 5 minutes a day.

Take a few minutes and ask yourself how you are feeling and how it is impacting your emotions, your body and/or your mind.

This is something you can do easily, maybe after work or your lessons, in your breaks, on the bus or even while preparing food. Just remember to be honest with yourself.

If you still feel a bit overwhelmed, try to think about some possible solutions. These may be managing your time better, taking longer breaks or just meeting up with a friend for a chat and a laugh.

Also remember you are not alone and we have people that can help you if you need it. You can talk to your tutor, a member of our team and we can help you find more help if you need it.



The 5-Minute Reset Exercise

If you're feeling stressed, overwhelmed or disconnected, try the 5-4-3-2-1 grounding technique.

Look around and notice:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take deep breaths between each step, in through your nose and out through your mouth. It

helps calm the nervous system and bring you back to the present moment.

Taking the 5 minutes time to pause, breathe and reflect is quick and easy and can bring you many benefits, including helping you progress further while giving you peace of mind.

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