



NOVEMBER NEWSLETTER

www.micomputersolutions.co.uk

Welcome to our newsletter!

In this newsletter, you can learn how career confidence impacts your well-being, how to safeguard yourself when using AI, if Skills Bootcamp courses are right for you and more.

Read below!

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How your skills improve your well-being

Feeling capable in your career and/or studies can have a direct and positive impact on your health and well-being.

Action Steps

Here are some action steps you can take to build your confidence:

- 1. Come out of your comfort zone and learn new skills.**
Coming out of your comfort zone may sound terrifying, but actually, it will make you feel so much better about yourself when you achieve it.
- 2. Use the skills you learnt in your course.**
The more you practise, the stronger you will feel, so keep on practising what you learn.
- 3. Celebrate your wins, even the small ones.**
Acknowledging your hard work (speaking in class, completing job applications, solving an activity) will increase your motivation.
- 4. Don't be afraid to ask for support or feedback.**
We are here to help you value your skills and grow.

What to expect?

As you start building your confidence, you may notice:

- Less stress and anxiety
- More motivation and energy
- Better relationships at work and study
- Feeling more positive

When you feel confident that you can find a job, learn a new skill, or handle a challenge, your stress levels drop. That feeling of **being capable is key to a better life.**

Being confident is not about knowing everything, but about knowing that you are capable of trying your best and learning new skills.

You are already taking a big step by being here and working towards a better future and a better you. Keep going!

Meet Your Tutor - *Blessing Oloruntoba*

Vocational Lead at MI Skills Development Centre

Blessing Oloruntoba's journey at MI began 14 years ago when she started working as a Childcare/Early Years and Teaching Assistant Tutor /Assessor. Since then, she has progressed in her career and is now the Vocational Lead, where she, in her own words, provides *"leadership to assessors and quality assurers to uphold high standards in the quality of teaching, assessment, and learners' achievements."*

Originally from Nigeria, Blessing, didn't always work in the Childcare workforce. In fact, when she first moved to the UK, Blessing worked as an Office Administrator, volunteered and worked in a nursery after completing NVQ courses in Childcare.

Read our interview with Blessing below to know about her incredible journey.

Q: 1. Blessing your career journey up until this moment is fascinating. Can you tell us: What made you decide to be a tutor?

A: I decided to become a tutor because I am passionate about empowering others to realise their full potential. Supporting people to become the best version of themselves, especially by helping them gain the skills and knowledge that open doors to new career opportunities, is incredibly rewarding to me. Throughout my own educational and professional journey, I witnessed firsthand how targeted support and encouragement can transform someone's prospects. This inspired me to focus my career on guiding learners toward their goals and giving them the confidence and tools to achieve their ambitions. As a tutor, I take pride in encouraging resilience and lifelong learning for every individual I support.

Q: 2. I love how passionate you are about "encouraging resilience". Based on that, what advice would you give to a new learner?

A: Never think it's too late to achieve your career goals. No matter your age, background, or past experiences, you can start



Q: 4. After working at MI for over a decade, in your opinion, how do our courses change your learners' lives or even improve their job prospects?

A: The courses I deliver play a key role in improving learners' job prospects and helping them progress in their chosen careers.

One example that stands out is a learner who was struggling to keep up with their coursework and was ready to withdraw from the course. I took the time to encourage them and provided tailored, one-to-one support to help them regain confidence and stay on track. Their perseverance paid off, they successfully completed the course, secured a job interview at a nursery, and were later offered a position as an early years practitioner.

and succeed in your career at any time.

Q: 3. What do you enjoy most about teaching adults?

A: I enjoy teaching adults because it allows me to bring real-life experiences into the classroom, connecting learning to situations that are relevant and meaningful to them. This creates lively, engaging discussions that enrich the learning process. I also appreciate that adult learners take ownership of their learning, and I find great satisfaction in collaborating with them to create a rich, goal-focussed learning experience that supports their personal and professional growth.



Blessing's story is a true testament of how determination, hard work and sheer belief can lead us to awe-inspiring pathways.

If you want to learn more about the wonderful people working at

Not long after, I received a heartfelt message from the learner that said:

"I would like to take this moment to say a big thank you for believing in me and sticking it out with me by being an inspiration and motivation, as I have finally completed the course."

Moments like this are what drive me, they remind me of the impact that effective teaching and genuine support can have on someone's personal and professional journey.

Q: 5. That is such a beautiful message to receive from a learner and proof of how your continuous support can have an ever-lasting impact on our learners. To finish it off, I just have one more question for you: what is a fun fact about you that learners may not know?

A: I have my bachelor's degree in microbiology. Outside of teaching, I love to sing and dance.

MI, stay tuned, as next month we will be interviewing our Deputy CEO - Tara Roudiani.

Is a Skills Bootcamp course right for you?



If you are determined, ready to learn quickly, and focused on securing a better job, then the short answer is **yes**.

What Are Skills Bootcamp Courses?

Our Skills Bootcamp programmes (for Childcare and Health and Social Care) are 8-12 week courses that teach you the skills employers are looking for. You'll learn through hands-on and practical sessions - a powerful and quick way to move forward.

Who Can Join?

The Skills Bootcamps are for Londoners aged 19 and over who want to:

- enter employment or return to work (unemployed)
- or develop new skills to progress in their current job (employed)
- or change their career
- and gain confidence and experience

You don't need to have formal qualifications, you just need enthusiasm and commitment.

What You'll Gain:

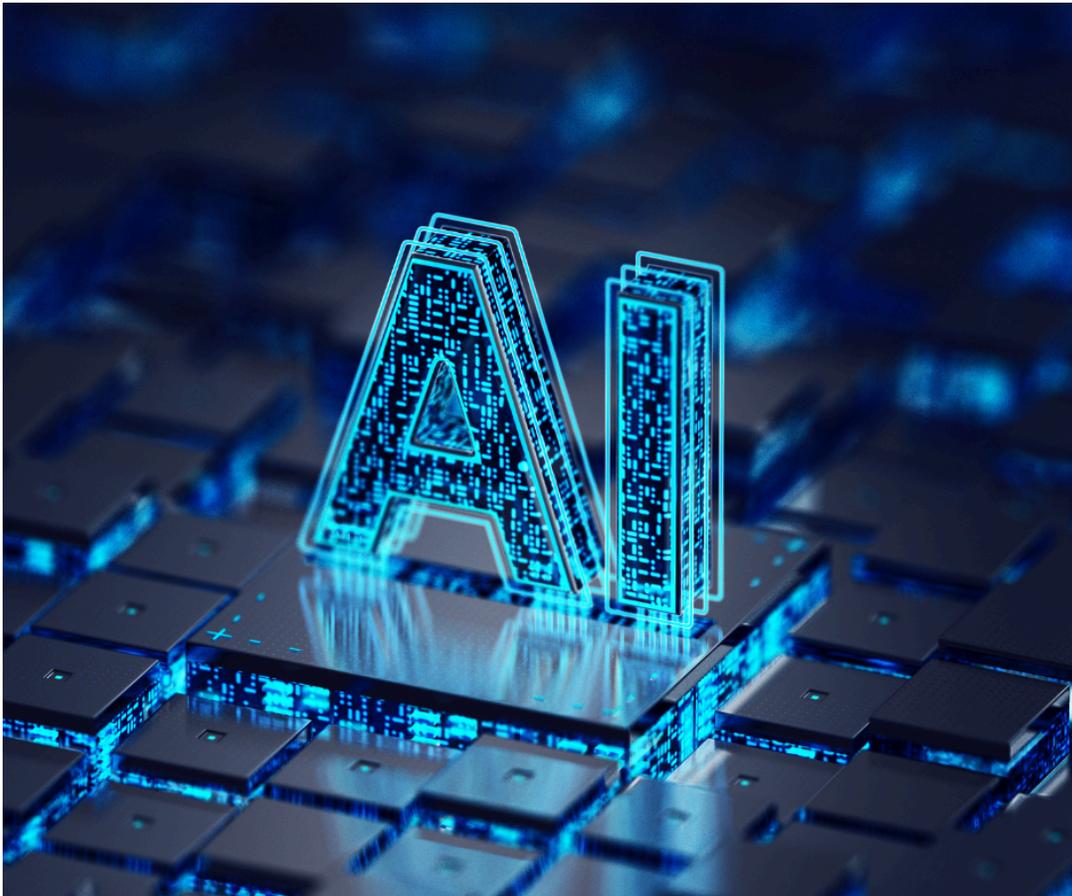
- Practical skills you can use straight away
- Confidence in your abilities and career choices

- Connections with local employers
- Employer-focused programme
- Short commitment time
- Guaranteed interviews and/or job offers at the end of the course
- A mentor
- Work experience
- London Living Wage (if you progress to a new role or are offered a job position)

So, if you're ready to move forward in your career or try something new, a Skills Bootcamp might be just what you need. Why wait any longer?

[Learn More](#)

AI & Safeguarding



No one can deny that Artificial Intelligence (AI) is a powerful tool for boosting productivity and that it continues to shape the world in both positive and negative ways. But, just like the internet in general, it's important to know how to use it safely and responsibly. After all, AI is also part of your digital skills journey.

AI, used sensibly and safely, can help you in all sorts of practical and empowering ways.

AI can help you to:

- Practise English and maths (checking your grammar or helping you problem-solve)
- Get instant help with tricky words, translating text
- Build your confidence; by helping you work at your own pace and become more independent in reading, writing, maths or language skills
- Research information
- Search for jobs and prepare applications
- Explain information, such as Excel formulas
- Learn new skills
- Write better emails
- Find study tips or job interview questions
- Mock interview practice and helping to prepare responses to questions.

Safe and Responsible AI usage

Besides all its benefits and uses, it is important to remember that AI is not a person and that you have no control over how AI uses the information you provide it. Therefore, it is important to keep yourself and your personal information safe. You have worked hard to build your skills, and you should protect your identity too.

Here are 7 tips on how you can safeguard yourself:

1. Protect Your Personal Information

Never share private details (full name, address, phone number, bank details, passwords) with AI tools or websites. AI doesn't "need" your personal data to help you.

2. Check the Information

AI can sometimes give the wrong information. Always double-check important facts with trusted sources (like your tutor, the NHS, or GOV.UK).

3. Think About Privacy

Conversations with AI may be stored and used to train its machines, so keep personal, sensitive, or safeguarding concerns for trusted people (tutors, support staff, or professionals).

4. Be Aware of Bias

As AI is trained from text from the internet and how other people are using it, it may repeat stereotypes or unfair ideas. This can lead to misinformation or disinformation. Always use your better judgment and do not rely on AI for answers without checking. AI is a computer programme, so it always needs to have human oversight.

5. Don't Replace Human Advice With AI

AI is useful, but it's not a human and has no expertise of its own; therefore, it cannot (and should not) replace professional advice from teachers, doctors, or other experts when you need real-world help.

6. Respectful Use

Just like in class, treat online spaces respectfully. Remember AI learns from the information you give it, and some information can put others at risk, so don't use AI to create harmful, offensive, or unsafe content.

7. Report Concerns

Speak to a tutor or safeguarding lead at the centre if you see or read anything online (including from AI) that makes you feel unsafe or worried.

Now that you have some tips on how to keep yourself (and loved ones) safe, you can be more confident about using AI and add these skills to your career toolkit!

Upcoming Courses

Interested in doing a course with us?

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

English



[Functional Skills English L1](#)

Start Date: 05/11/25

Welcome to English

Start Date: 24/11/25

[Functional Skills English](#)

Start Date: 26/11/2025

Green Skills for [ESOL](#)

Start Date: 04/12/25

[Welcome to English \(ESOL\)](#)

Start Date: 08/12/25

Maths

[Functional Skills Maths L1/L2](#)

Start Date: 03/11/2025

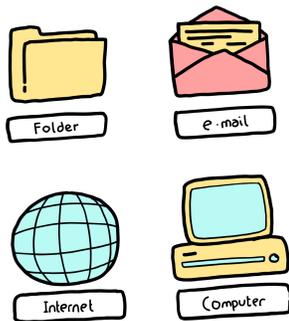
Financial Literacy

Start Date: 13/11/25

[Functional Skills Maths L2](#)

Start Date: 26/11/25





I.C.T.

[Digital Skills](#) & AI E3

Start Date: 03/11/2025

Get Connected

Start Date: 09/12/25

[Enrol Now!](#)

Refer a Friend

And get a £30 bonus



If you have a friend that would benefit from doing a course with us, you can easily refer them using the form below.

As a reward you will get a £30 voucher when they successfully complete a course with us.

[Referral Form](#)

November Diversity & Inclusion Calendar

	<p>Movember - Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. The goal of Movember is to "change the face of men's health". https://uk.movember.com/</p>	
	<p>International Stress Awareness Week 3rd to 7th Every year, ISMA^{UK} hosts a series of online events on themes relating to stress management, wellbeing and resilience. This year they will be held on Stress Awareness Day Wednesday 5th November https://isma.org.uk/isma-international-stress-awareness-week</p>	
	<p>Anti-Bullying Week 13th - 17th The Anti-Bullying Alliance (ABA) is the official organiser of Anti-Bullying Week and Odd Socks Day in England, Wales, and Northern Ireland. Anti-Bullying Week 2025 will take place from 10th to 14th November, with the theme: Power for Good. https://www.anti-bullyingalliance.org.uk/anti-bullying-week</p>	
<p>International day for the elimination of violence against women - 25th November The International Day for the Elimination of Violence Against Women, observed on 25th November, is a United Nations-designated day to raise awareness about gender-based violence and the urgent need to end violence against women and girls worldwide. Violence against women remains a pervasive human rights issue, affecting millions globally. The day also marks the start of the 16 Days of Activism Against Gender-Based Violence, which runs until 10th December. https://www.un.org/en/observances/ending-violence-against-women-day</p>		
	<p>UK Disability History Month 14th November - 20th December An annual event creating a platform to focus on the history of the struggle for equality and human rights. For people with disabilities. https://ukdhm.org/</p>	

MI Skills Development Centre

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