



**Are you looking for a new job or change
of career?**

**Are you facing redundancy or have been
made redundant?**

Free and impartial careers advice for all adults.

The National Careers Service provides free, up to date, impartial information, advice and guidance on careers, skills and the labour market.

We can help you:

- Assess your skills and experience
- Explore your career options
- Find appropriate training
- Explore funding for courses
- Develop or enhance your CV
- Understand the local job market
- Develop your job searching expertise
- Improve your interview skills
- Increase your confidence and resilience
- Support you to decide your next steps

Get in touch

To book your free and impartial appointment with one of our professional careers advisers or to find out more about what support we can offer you please call **0800 100 900**

Lines are open:

Monday-Friday 8:00am to 8:00pm and Saturday 10:00am to 5:00pm

'I would just like to say how comfortable Laura made me feel, but more importantly Laura made me realise that I had more skills than I thought and that has given me hope, which is something I have really struggled with for the last few months.'

Thank you!

Katie, Ryedale

For further information visit nationalcareers.service.gov.uk

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