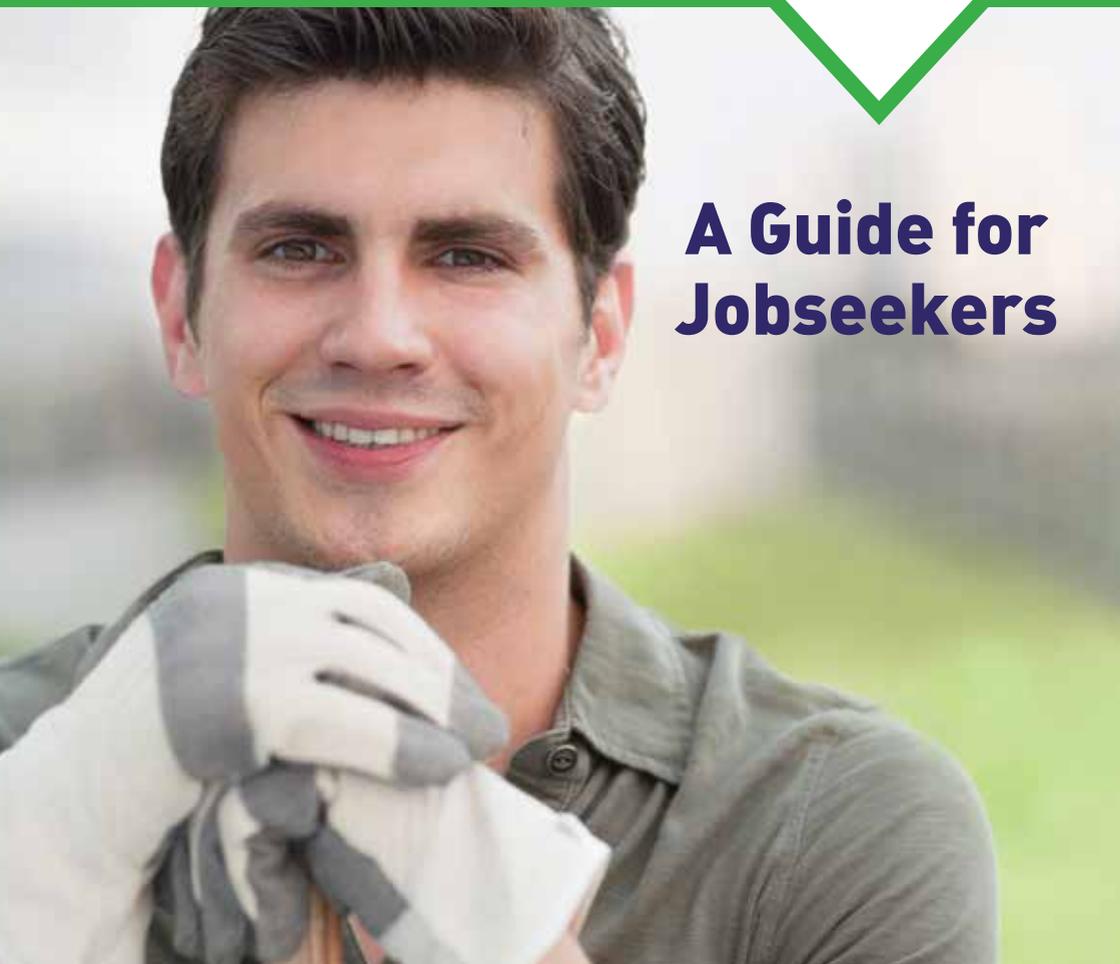


Forrest
Personnel

No Ability
Wasted

workABILITY Day

TUESDAY AUGUST 28, 2018



**A Guide for
Jobseekers**

ABOUT US



We understand that your health condition, disability or injury doesn't define who you are or what you can achieve at work. Would you like a friendly, obligation-free chat to explore your employment options or support in your job search journey? Forrest Personnel's team of employment specialists are here to help.

Forrest Personnel is a not-for-profit organisation committed to building stronger communities through increased employment and strong partnerships.

We are a specialist employment agency, delivering Disability Employment Services (DES) and National Disability Insurance Scheme (NDIS). Our business is helping job seekers with health conditions, including anxiety and depression, disability or injury to find sustainable work.



What is **WorkABILITY** Day?

WorkABILITY Day is an annual event intended to bring employers and jobseekers together for one day. The initiative is designed to broaden awareness that those with health conditions, including mental illness, disability or injury can bring a range of

skills and experiences to a workplace. Both the employer and job seeker can experience what it is like to be assisted by Forrest Personnel through the induction process, be supported on the day, and help to create potential opportunities.

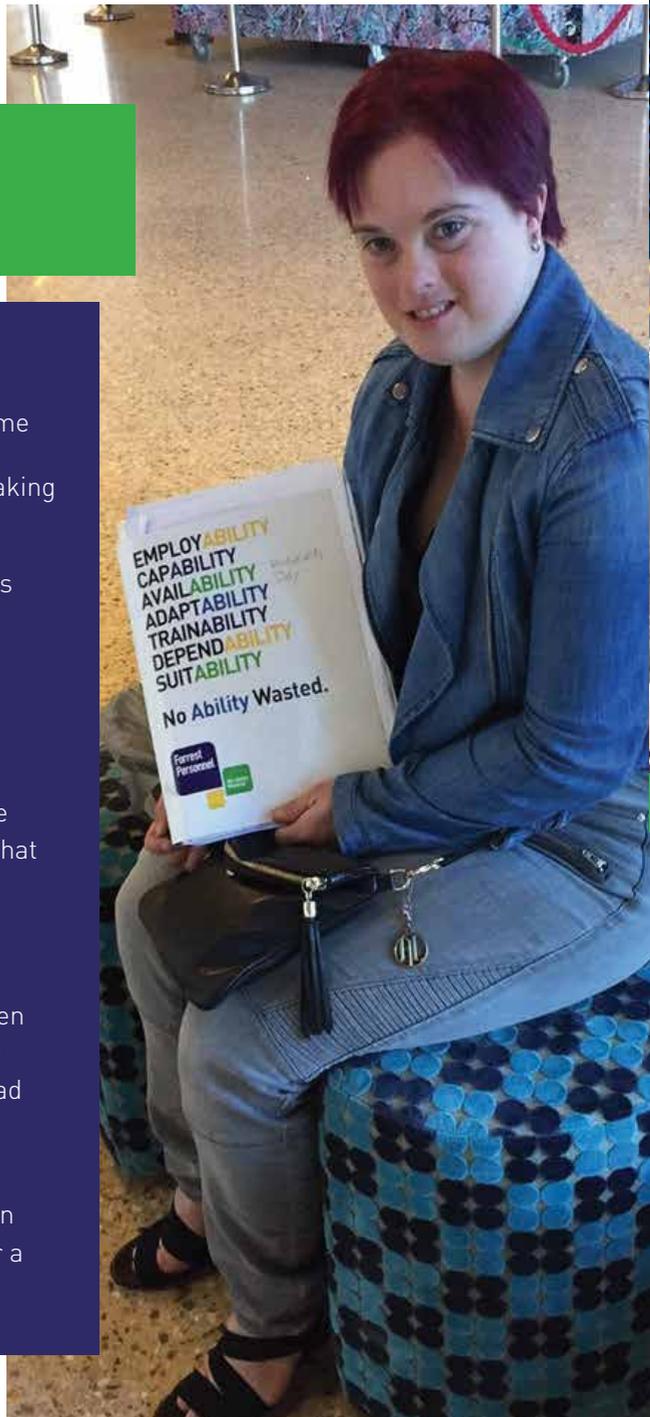
**“DIVERSE WORKPLACES ARE
BETTER WORKPLACES”**

- FORREST PERSONNEL CEO ANNA BAGSHAW

Checklists for Work Experience

Gaining work experience or a volunteering engagement is a valuable opportunity to spend time with a specific employer, job or industry. Here are six tips for making the most of it.

- Commit to the time required as you would paid work.
- Network, target a preferred employer, and taste test your desired career or industry.
- Show your potential host some initiative, creativity and effort that will set you apart.
- Show you are an enthusiastic learner and team contributor. Being a contributor will broaden your range of experiences and skills, and put you in good stead for future paid employment.
- After your work experience, formally thank the organisation for the opportunity and ask for a reference.





What to expect from **Work Experience**

Participating in Work Experience, whether as part of WorkABILITY Day, or to create your own opportunities, is a great way to get a taste of life in the workforce – and even a foot in the door.

Work experience is more than an opportunity to get a taste of working in the job or industry you would most like to pursue – it gives you the chance to get amongst people in your

desired field, network, and make new friends.

Researching potential employers in your field will give you an insight into the types of businesses in your community, and the opportunities they hold for you.

Carrying out work experience will give you further insights into employer expectations and work requirements for that field.



What Forrest Personnel Offers

Forrest Personnel understand that your health condition, disability or injury doesn't define who you are, or what you can achieve at work.

We work with you to turn the things you're good at into the marketable skills that businesses need. We'll help you find a job that fits your abilities, and support you in the workplace until you're acing it. We'll help you to grow with your job, build your skills and broaden your options.

Some of our services for jobseekers include:

- Doing the right training
- Trying out interesting jobs
- Making great applications
- Redesigning your role or modifying the workplace to protect your job if needed
- Workplace mentoring and training

**WE WORK WITH YOU TO TURN THE THINGS
YOU'RE GOOD AT INTO THE MARKETABLE
SKILLS THAT BUSINESSES NEED**





GETTING INTO THE WORKFORCE

We believe that everyone deserves to have fast, accurate, clear information from warm, welcoming people who know their name and remember their story.

Forrest Personnel is a FREE, confidential employment service for people with a health condition, disability or injury.

We're champion job finders who'll help you find flexible, fulfilling work with an employer who values and supports you. We know that asking for help is difficult, especially if you're

feeling overwhelmed and stuck. When staying put feels harder than starting something new – get in touch. We'll make things move your way. Talk to us, we're good listeners.

CONTACT DETAILS

Join Forrest Personnel, your local Disability Employment specialists since 1986.

For help and advice contact us today:

 **1800 ABILITY**
224 548

 www.fpi.org.au

 info@fpi.org.au

 Find us on **Facebook**



AN AUSTRALIAN GOVERNMENT INITIATIVE

**Forrest
Personnel**

**No Ability
Wasted**