



TIME4AI

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Programme	Time4AI Programme: AI Job Application Sprint
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Description	<p>AI Job Application Sprint is a fast-paced, practical 5-day online programme helping unemployed participants use AI safely and effectively to produce high-quality job applications, improve confidence, prepare for interviews and take immediate action towards employment.</p> <p>The programme is designed for participants who may have mild anxiety, low confidence, low mood, employment gaps, limited digital confidence or uncertainty about how to present themselves to employers.</p> <p>It is not a clinical mental-health intervention. It is an employability and confidence programme using supervised AI tools to reduce overwhelm, structure job-search activity and improve the quality and quantity of applications.</p>
Duration:	5 days
Daily structure:	3 hours live online tutor-led support 2 hours guided self-study and AI-supported activity Total: approximately 25 hours
Target group:	<p>This programme is for participants who are closer to work than the Accelerator cohort, but still struggle to take action.</p> <p>Suitable participants may:</p> <ul style="list-style-type: none">▪ have a CV but lack confidence using it▪ avoid applications because of anxiety▪ fear rejection▪ worry about interviews▪ struggle to explain employment gaps▪ lack confidence using online job sites▪ need help tailoring applications▪ need structure and accountability▪ be capable of work but stuck in low activity



Main aims	<p>The programme helps participants to:</p> <ul style="list-style-type: none">▪ increase the number of suitable applications submitted▪ improve the quality of applications▪ reduce anxiety around applications▪ build confidence using job sites and online forms▪ create tailored CVs and covering letters▪ explain gaps positively▪ prepare for interviews using AI roleplay▪ follow up employers confidently▪ move quickly into interviews, work trials, training or employment
10-day structure	<ul style="list-style-type: none">▪ Day 1: From avoidance to action▪ Focus: Understanding why applications feel difficult and creating a safe plan.<ul style="list-style-type: none">○ Focus: Reducing fear through safe practice.▪ Day 2: CV confidence and employment gaps<ul style="list-style-type: none">○ Focus: Creating a CV that feels honest, strong and usable.▪ Day 3: Applications without overwhelm<ul style="list-style-type: none">○ Focus: Turning job adverts into manageable application tasks.▪ Day 4: Interview fear reduction and rehearsal<ul style="list-style-type: none">○ Focus: Practising before pressure.▪ Day 5: Employer contact and next-step commitment<ul style="list-style-type: none">○ Focus: Moving from preparation to action.
Soft outcomes	<ul style="list-style-type: none">▪ Improved confidence applying for jobs▪ Reduced application anxiety▪ Improved interview confidence▪ Improved digital confidence▪ Improved ability to handle rejection▪ Improved motivation▪ Improved belief that employment is realistic
Hard outcomes	<ul style="list-style-type: none">▪ CV completed or improved▪ tailored CV created▪ covering letter completed▪ application submitted▪ mock interview completed▪ employer follow-up prepared▪ job-search tracker completed▪ 14-day action plan agreed