



Construction For Women – 12-Week Training Programme

Training Course Prospectus

Course Overview

Duration: 12-Weeks

Study Mode: Part-Time

Delivery Model: Blended

Cost: Free

Entry Requirements: 18+ Female

Kickstart Your Career in Construction

Are you ready to build your future in one of the UK's most exciting and fast-growing industries?

Our comprehensive **12-week training programme** is designed specifically to support women and underrepresented groups in gaining the practical skills, confidence, and qualifications needed to begin a successful career in construction.

Developed in partnership with leading construction employers, this programme combines **hands-on trade training, employability development, and on-site work experience**, helping participants transition smoothly into sustainable, meaningful employment.

Why Choose This Programme?

The CFW 12-Week Training Programme has been developed through consultation with industry partners, training experts, and women already working in construction.



By combining classroom-based learning, practical workshops, and real-world site experience, this programme provides a **well-rounded, industry-aligned route into employment**.

You'll gain:

- Recognised **industry qualifications**
- Over **50 hours of structured work experience**
- Personal and professional development support
- A guaranteed interview and access to CFW's employment network

Whether you're new to the industry or looking to retrain, our team will help you gain the skills and confidence to take the next step.

What Will I Learn?

You'll cover a mix of **core trade skills, safety training, and employability workshops**, preparing you for a wide range of roles in construction and the built environment.

Key Learning Areas:

- Health & Safety and Site Awareness
- Essential Construction Trade Skills
- Digital Skills for Construction
- Sustainability and Retrofit
- Equality, Diversity & Inclusion in the Workplace
- Teamwork, Communication & Leadership
- CV Writing and Interview Preparation
- Understanding the Construction Industry

You'll also complete:

- Real-world projects in practical training environments



- Employer-led sessions and industry insight talks
- Mentorship and career guidance from industry professionals

Qualifications You'll Gain

Participants who successfully complete the programme will achieve:

- **Level 1 Award in Trade Skills**
- **Level 1 Award in Skills for Employment & Personal Development**
- **Level 1 Health & Safety Award (with CSCS Card)**
- **Level 2 Award in Retrofit Construction**
- **Entry Level Award in British Values & Prevent**
- **Digital Skills Certification**
- **Specialist Safety Certifications** (Asbestos Awareness, Manual Handling, Working at Height)

Work Experience & Practical Training

You'll take part in **over 50 hours of structured work experience** with CFW partner employers, giving you the chance to apply what you learn in a real-world environment.

Training takes place in **industry-standard workshops and live site visits**, ensuring you leave the programme job-ready with practical skills that employers value.

Soft Skills & Employability Support

Beyond trade skills, our programme helps you grow as a professional. You'll receive:

- **1-to-1 mentoring** from experienced construction professionals





- **Career development workshops** in teamwork, communication, and leadership
- **CV writing and interview coaching**
- **Networking opportunities** with employers and CFW partners

Progression & Career Pathways

Upon completion, you'll have access to:

- **Guaranteed job interviews** with CFW partner employers
- **A 12-month mentorship** to support your transition into work
- **Exclusive access to the CFW Alumni Network** for ongoing learning and peer support

This programme can lead directly into employment or further training opportunities, including apprenticeships, Level 2 or 3 qualifications, and specialist roles across the construction sector.

Possible Career Pathways Include:

- Multi-skilled Construction Operative
- Site Labourer or Technician
- Maintenance Assistant
- Retrofit Installer
- Trade Apprentice (Bricklaying, Carpentry, Painting & Decorating, etc.)
- Site Administrator or Logistics Coordinator

Entry Requirements

To join this programme, you must:

- Be **female** or identify as female
- Be aged **18 or over**



- Demonstrate a genuine interest in construction
- Be committed to completing the 12-week training
- Attend an informal interview and induction session

No prior experience is necessary — just enthusiasm, commitment, and a willingness to learn.

Support During the Programme

We understand that everyone's journey is different. That's why participants have access to a **dedicated programme coordinator, industry mentors, and personal development support** throughout.

Our team provides guidance on travel, childcare, financial support, and wellbeing to help you complete your training successfully.

Why Train with Construction For Women?

Construction For Women (CFW) is a not-for-profit organisation dedicated to breaking barriers and creating opportunities for women across the built environment.

Our training programmes are **designed by women, for women** — ensuring every participant feels supported, empowered, and equipped for success.

You'll learn from experienced trainers, gain insights from industry leaders, and join a supportive community that continues well beyond the programme.

Ready to Build Your Future?

Take the first step towards a rewarding career in construction.

 **Apply Now**

 info@constructionforwomen.co.uk

 www.constructionforwomen.co.uk/contact-us

