

WHAT ELSE CAN HELP ME PREPARE FOR THE WORLD OF WORK?

As you move forward on your journey through education and get closer to entering the world of work you will have improved your understanding of the different qualification types, potential vocational pathways like Apprenticeships and started to understand more about employability skills.

However there are some other ways in which you can gain more skills and experience which will help you stand out from the crowd when you begin applying for your first job.

Over the next few pages we will share with you some activities which you may not have considered as a way to help you develop new skills. These skills will enhance your CV and potentially make you a more attractive option for a future employer.

PLAYING SPORT

Sports are a great way for you to develop skills. Apart from staying active and healthy there are a wide variety of benefits and lessons to be learned from playing sports both on and off the field.

Here are a few examples of how sports can help you develop skills which can be used in the world of work:

- 1) TEAMWORK
- 2) ADVERSITY
- 3) DEALING WITH AUTHORITY
- 4) CONCENTRATION
- 5) CONFIDENCE
- 6) RELIABILITY

Before we look at these in more detail on the next page here is a quote from one of our local employers who speaks about how sports can help you demonstrate skills to an employer:



EMPLOYER QUOTE

LUCY EDGAR FROM HUMAN EVERYTHING

"When it comes to employing people, employers have to take a bit of a risk. After all, they don't know how good someone is going to be until they give them the job! To try to make sure they choose the best possible person, employers are on the lookout for any previous experiences that show you have the kinds of skills they are looking for. This makes perfect sense - but what about when you apply for your first job? What experience can you show that you have that an employer would be looking for?

If you find yourself scratching your head thinking you have no experience to offer, but you happen to play some kind of sport, then you have a real opportunity to demonstrate some key skills that employers love.

Solo sports - for example, any runners or single player sports - archery, tennis, swimming - you can demonstrate that you can set yourself a goal or target and then do the incremental work needed to achieve your goal. Training for a race or event shows that you are a dedicated person who can break a task down into smaller, achievable parts, stay on track, meet a deadline, and persevere. Not to mention the mental attitude that goes hand in hand with solo events.

Joining a team and playing with a group of other people whether it be football, basketball or even synchronised swimming shows an employer that you can take direction as a group which means listening to other people, negotiation skills, communication skills, you can work as a team to achieve a combined goal and you are practised in what employers call "soft skills" which can be things such as empathy, sociability, non-verbal communication, persuasion, resilience - the list is endless and all are applicable to virtually any job on the planet!

Finally, if you happen to find yourself the captain of a sports team, you can add leadership skills to your repertoire. This involves leading by example, decision making, motivating others, and being engaging to name just a few."

1. TEAMWORK

The ability to work within a team is a skill that will serve you well for your entire life. Whether at work or with your family, being part of a team will develop your ability to coexist with other people and do so in a positive and productive fashion. Teamwork extends to a variety of different soft skills, from communication to goal setting, and will help you to learn how to be an effective member of a larger community. You will look beyond your own self-interest and find ways to contribute to the group.

2. ADVERSITY

Life is far from rosy much of the time, and you are bound to be confronted with many roadblocks and setbacks that are out of your own control. What matters is not what difficulties you encounter in life, but how you react to them. Sports are full of adversity and are the perfect learning ground for how to battle and overcome difficulty in your life. They give you a thicker skin and teach you that while things will occur that are unpleasant and difficult, they are temporary, and you have the power to change your circumstances.

3. DEALING WITH AUTHORITY

A large part of life both professionally and academically is about learning how to handle and interact with authoritative figures. Whether it's a boss you don't like or a teacher, you are bound to encounter someone in a position of authority who you simply don't get along with. Sport teaches you that while you may not always agree with those positions of authority such as coaches or referees, you must respect that persons' authority. Having a tantrum or displaying emotional outbursts will not accomplish anything in the sports arena, and it certainly won't be accepted as you progress in school and the professional world.

4. CONCENTRATION

Sports demand your full focus, as you concentrate on the task directly in front of you. This is an important skill that carries over to school and the workplace as well. Being able to fully focus on the task at hand, as well as having a short memory and leaving behind momentary failures of the past are important traits in all phases of life. Sports will mentally sharpen and toughen you, so that you are ready to home in on what it is that needs to get done.

5. CONFIDENCE

Success in sports is one of the most exhilarating feelings that you can experience. Whether it's netting a goal, scoring a touchdown, success builds confidence, and gives you the hunger to gain more of it. Winning is great for confidence, and once you have tasted that success, you will be eager to find more of it in all facets of your life.

6. RELIABILITY

Taking part in a regular team sport and training will prove to an employer in the future that you know how important it is to be reliable and a good timekeeper. You won't be picked for a team if you constantly don't show up for training and if you are late to be picked up you will not be able to play.



A photograph of two young girls sitting in a hammock, viewed from behind. The girl on the left has blonde hair in a ponytail and is wearing a purple fuzzy jacket. The girl on the right has brown hair in a braid and is wearing a dark jacket. The hammock is orange and blue. The background is a blurred outdoor setting.

ACTIVITIES AND GROUPS OUTSIDE OF SCHOOL

Joining out of school clubs or groups provides you with a chance to take part in lots of exciting activities on a regular basis.

By learning new skills and trying new challenges students can gain badges and awards either individually or as part of a team, perhaps even making a difference to your local community.

Participating in these activities may also help enhance your application to University and your CV which will provide any potential employers with a better picture of exactly who you are and why they should consider employing you.

Here are a few of the most popular groups / activities you may wish to consider:

1. GIRL GUIDES

Girl Guides is a place where girls and young women can challenge themselves, put their ideas into action, take part in an amazing range of activities, and gain the skills to confidently navigate their world. All in a safe and supportive environment that welcomes every girl.

For more information visit:
www.girlguiding.org.uk

2. SCOUTS

Being a Scout is all about discovering the world on your own terms and making the most of what you have, wherever and whoever you are. Alongside your new friends, you'll master the skills that will help you weather the storms of life and try things you'd never get the chance to do at home or at school - working with trained volunteers to achieve whatever you set your mind to.

For more information visit:
www.scouts.org.uk

3. ARMY CADETS

The Army Cadet Force is a national youth organisation sponsored by the United Kingdom's Ministry of Defence and the British Army. The Army Cadets develops young people of all abilities and backgrounds both physically and mentally, improving self-confidence, teamwork, friendship, leadership, and community spirit through a wide range of fun and exciting activities as well as recognised vocational qualifications such as the Duke of Edinburgh's Award Scheme and BTEC Diplomas.

For more information visit:
armycadets.com

4. THE DUKE OF EDINBURGH'S AWARD SCHEME

Any young person aged 14 to 24 can take part in Duke of Edinburgh programmes. Through DofE, young people from all backgrounds and circumstances can build the self-belief, resilience, and skills they need to navigate some of the toughest challenges any generation has had to face and meet an uncertain future with confidence.

For more information visit:
www.dofe.org

5. VOLUNTEER POLICE CADETS

Joining the Volunteer Police Cadets is a great way to develop your volunteering and leadership skills to support yourself and the community. It encourages young people to develop life skills to support their safety and personal development.

For more information visit:
vpc.police.uk/be-a-cadet/13-18-year-olds

6. ST JOHN AMBULANCE

St John Ambulance is a volunteer-led, charitable non-governmental organisation dedicated to the teaching and practice of first aid in England, a volunteer-led health and first aid charity - responding to emergencies, supporting communities, and saving lives.

For more information visit:
www.sja.org.uk