

Building confidence in career planning

Julie, 54, was looking to return to work after having a family but she needed help in developing her CV into one that would maximise the responses from potential employers.

She was also struggling to fill the gaps in her employment history but when she attended her first appointment with the National Careers Service, Hannah, her careers adviser, helped her identify the skills and strengths she had acquired in the different roles she had held throughout her career.

Thanks to this, Julie became more comfortable in how to demonstrate her skills in both her CV and in interviews. Hannah also helped Julie produce her CV in the most effective way, highlighting her strengths and using the appropriate terms to the jobs and industries she was applying for.

At their second appointment, Hannah helped Julie explore and understand different interview techniques that would allow her to emphasise her skills while explaining the gaps in her work history. They also identified suitable training opportunities to help Julie move forward with her career.

Since her appointments with the National Careers Service, Julie has enrolled on an online course with Skills Network and she feels more confident in her career planning and in showcasing her employment history.

When asked if she would recommend the Service, Julie said: **“With the assistance of the National Careers Service I now feel better equipped in my future search for employment, and I have gained so much more confidence in myself at a time when I was becoming quite despondent.”**

Contact us:

0800 100 900

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