

Identifying the way forward

While undertaking her Level 3 Health and Social Care diploma, Beth realised she preferred work placements to traditional ways of learning. After leaving college the following year, she was encouraged to access the National Careers Service to explore her career goals and identify how to move forward.

Beth met Lindsay, her National Careers Service adviser, on two occasions and they spent time chatting about plans, ideas, goals, aspirations and how to achieve these. Lindsay offered encouragement and guidance so Beth could take independent steps to manage her career. During the appointments, they explored various online resources, including sections on the National Careers Service website, helping Beth to identify the different career options available to her.

When Beth and Lindsay met for the second time, Beth had created her own CV, explored apprenticeships, and come across teaching assistant and nursing roles that she was interested in. She knew this was the type of job she wanted to pursue.

In preparation for applying for these roles, Lindsay helped Beth improve her interview technique and build her own professional network. They also discussed a series of actions for Beth to complete such as contacting different employers who were looking for apprentices.

Beth said the appointments with the National Careers Service have given her a much clearer idea of her next career steps and felt the service had been useful. She said, **“the National Careers Service has given me more knowledge of where to look online for help [...] it helps to talk and get advice”**.

Thanks to her sessions with Lindsay, Beth has identified both immediate and long-term career goals. She knows where to access different resources that will help her move forward in her career and she feels much more confident in her interview technique.

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