

Aspiring Prospects

Skills for work & life



activeprospects.org.uk | 01737 924 254 | aspiring.prospects@activeprospects.org.uk

A training programme for young people with special educational needs, delivered by Active Prospects.

2 Castlefield Court, Church Street, Reigate, RH20AH

 **Active Prospects**

People leading [aspiring lives](http://activeprospects.org.uk)

YOUR FUTURE STARTS HERE

The Aspiring Prospects Work & Life Skills training programme is a 1 to 2 year provision, designed to support young people to become ready and prepared for employment, and adulthood.



How does the programme work?

From Monday through to Friday, you'll work alongside an amazing team of young people like you, on a range of work and life projects. You will be encouraged to work with and support your team, sharing your skills, experiences, and insights with each other. All we ask is you do your best, to give things a try, and to strive to be the best version of yourself every day!

In return for your commitment, we will support you to think about and explore the world of work, and to develop skills and experiences that will help you prepare for a supported internship, inclusive apprenticeship, or paid employment. The skills you will develop will also prepare you for adulthood.

The programme has helped me socially to come out of my shell and talk more to people and to be more confident doing so." Olivia

How will Aspiring Prospects support your personal and professional development?

The Work and Life projects you and your team will work on fall under two categories, the first is **Work & Life Balance** which will focus on and encourage your Personal Development. The second is **Employment & Work Ready Skills**, which will engage and drive your Professional Development.

"100% of parents said they would recommend Aspiring Prospects to other parents and young people."

Parent Satisfaction Survey 2023

Whilst this is an unpaid training opportunity, the training programme has been designed to mirror a typical workplace, and the demands and expectations of a typical job. Themes like behaviour, attendance, punctuality, appearance, work-ethic will be explored, with a view to enabling young people to accept the importance of each. We will support you to take on greater levels of responsibility and personal accountability, in and outside of the workplace.



Personal Development: Work & Life Balance



Work & Life projects will explore topics and themes that focus on your social, emotional, physical, and mental health and wellbeing. The projects young people work on are generally worked on in the Hub (the Aspiring Prospects training facility), using a blend of workbooks, worksheets, eLearning, discussions, mind-mapping, and occasional role-play activities.

“Our peers give us helpful advice, praise, and they will also demonstrate ways to improve.”
Molly



Professional Development: Employability Skills & Work-Readiness



Employability-Skills & Work-Readiness projects will focus on your professional development. Working independently and as part of a team, you will work on various projects including Employability Skills, Work-Placement Training, Employment-based eLearning modules, and Self-Promotion Skills. Having developed tangible skills and experiences, young people are then able to create strong CVs, competitive application forms, and are much better positioned to deal with probing questions at a job interview.

“The programme has helped me understand what employers look for, guiding me to gain relevant skills I need to secure paid employment.”
Molly



A **BRIGHT** NEW FUTURE AWAITS

Below is an example of our Aspiring Prospects Training Planner, it will give you an idea of what we do day-to-day. Fill in the post-it notes to see if Aspiring Prospects could be for you.

Why would you like to join Aspiring Prospect?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TO START EACH DAY... Mood & Food checker <input checked="" type="checkbox"/> Weekend news/plans <input checked="" type="checkbox"/> How was your evening? <input checked="" type="checkbox"/> Goal for today? <input checked="" type="checkbox"/> Brain-break <input checked="" type="checkbox"/></p>				
<p>PERSONAL DEVELOPMENT</p> <p>Hub-Based Training</p> <ul style="list-style-type: none"> Health & Wellbeing Life-Skills Selfcare Social-Skills Preparing for Adulthood Body-ometer CBT Toolkit SMART Goals 	<p>PROFESSIONAL DEVELOPMENT</p> <p>PERSONAL DEVELOPMENT</p>  <p>Develop the skills and experiences every employer looks for when recruiting.</p> <p>Create competitive CVs, application forms, and feel confident at job interviews.</p> <p>Develop knowledge and awareness to help you prepare for life in the workplace.</p>		<p>PROFESSIONAL DEVELOPMENT</p> <p>Hub-Based Training</p> <ul style="list-style-type: none"> Employability Skills Colleagueship eLearning Values, Attitudes & Standards Career Aspirations Self-Promotion Getting-the-Job SMART Goals 	<p>PERSONAL DEVELOPMENT</p> <p>Hub-Based Training</p> <ul style="list-style-type: none"> Health & Wellbeing Friendships & Relationships Life-Skills Selfcare Social-Skills CBT Toolkit Preparing for Adulthood SMART Goals
<p>LUNCH</p> <p>SOCIAL, EMOTIONAL DEVELOPMENT</p> <p>Mindfulness Session</p> 		<p>LUNCH</p> <p>SOCIAL, EMOTIONAL & PHYSICAL DEVELOPMENT</p> <p>Allotment Project</p> 		<p>LUNCH</p> <p>SOCIAL, EMOTIONAL & PHYSICAL DEVELOPMENT</p> <p>Health & Fitness Session</p> 
<p>TO END EACH DAY... Write up and Blog <input checked="" type="checkbox"/> SMART Goal setting <input checked="" type="checkbox"/> Mood checker <input checked="" type="checkbox"/></p>				

Work Placements

Throughout the year young people will attend several work placements, with each placement offering opportunities to test and compare different types of jobs and ways of working. Work placements offer opportunities to reflect, revise or reinforce young people's employment and career goals.

"It is important to experience a real workplace and get an understanding of what it is like to calm my nerves before undergoing real paid work." James

Developing Colleagueship

The most effective way of learning is through watching, working with, and learning from your peers and colleagues. Our successes are often helped along by people who support, encourage, and mentor us. As an Aspiring Prospects trainee, one of your missions is to become an excellent colleague, and mentor.

"My confidence has grown due to being more open and honest talking to my peers, and work placement colleagues." Olivia

A Sense of Belonging

From the moment young people join the programme, to the moment they leave, young people are encouraged to be themselves, to share their hopes, fears, strengths, weaknesses, even life experiences both good and bad, without being judged. These experiences enable young people to establish a sense of belonging as well as confidence in themselves and others.

"We've learned that we are role models and to push ourselves to be a better version of the person we are each day." James



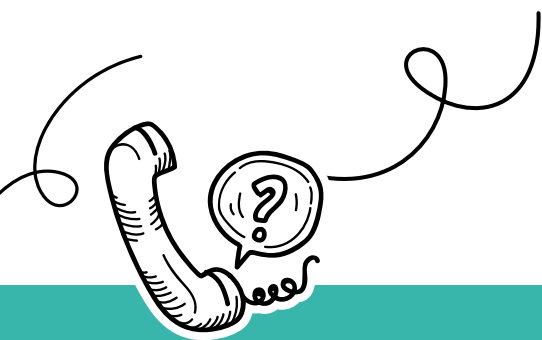
Building Friendships

Throughout your time with Aspiring Prospects, you and your colleagues will work and learn together, attend work placements, meetings, conferences, and outdoor health and wellbeing activities together. Each day you will support and encourage each other, sharing life experiences, advice, making lots of new memories and long-lasting friendships with each other.

"We are encouraged to look out for each other and talk about the problems we are facing no matter how small they are." Sam



What are your future professional goals?



HOW TO APPLY

If you want to join the Aspiring Prospects programme, we ask you to contact your SEND caseworker, and ask them to submit a referral form.

If we think the programme could be suitable, we will ask you to start the application process. We base this on applying for a job – so we'll ask you to send us a CV and cover letter and attend an informal interview.

To request a referral form or if you have any questions on to how to apply, please contact the Aspiring Prospects team.

"Thank you for my daughters recent annual review. I found it refreshing, a true portrayal of how a slight change of focus – the lens of employment – can make all the difference." Parent

"Without Aspiring Prospects, there was a risk our son would just keep subscribing to educational courses without any kind of exit strategy." Parent

"Thank you for allowing me to see how neurotypical mums feel when their child fits in! She has grown in so many ways, it's almost immeasurable." Parent

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