

## Personal Guidance / Career Coaching Activities

Activity Name	Description	Links for further info
What is career?	Using the cards to show what career is in all its forms	<p>Short video explainer:  <a href="https://tinyurl.com/2psnf4pk">https://tinyurl.com/2psnf4pk</a></p> <p>Case study from Luminate Careers:  <a href="https://tinyurl.com/58utbtap">https://tinyurl.com/58utbtap</a></p> <p>Case study from Samantha Gray:  <a href="https://tinyurl.com/yf85n3ya">https://tinyurl.com/yf85n3ya</a></p> <p>Video by Moments with Dr Weyoms Ltd:  <a href="https://tinyurl.com/n2jk6j3k">https://tinyurl.com/n2jk6j3k</a></p>
Narrative Story Telling	Help clients to tell their story so far	<p>Video and written example of a narrative approach: <a href="https://tinyurl.com/422yknwu">https://tinyurl.com/422yknwu</a></p> <p>Infographic instructions on using Shape of Career to tell a career story:  <a href="https://tinyurl.com/yc36hvmb">https://tinyurl.com/yc36hvmb</a></p> <p>LinkedIn post and infographic about narrative approach:  <a href="https://tinyurl.com/2jvcjrjba">https://tinyurl.com/2jvcjrjba</a></p>
Find the shape of your current career	Help clients reflect on their current lives and the range of roles they currently undertake:	<p>LinkedIn post and infographic about finding the shape of your career activity:  <a href="https://tinyurl.com/2rb77wtv">https://tinyurl.com/2rb77wtv</a></p> <p>LinkedIn post by Liane Hambly:  <a href="https://tinyurl.com/yyk5u388">https://tinyurl.com/yyk5u388</a></p> <p>Client feedback:  <a href="https://tinyurl.com/2fe7hrsz">https://tinyurl.com/2fe7hrsz</a></p>
Using the Explore & Test Ideas, Create Opportunities section	Helping clients find and self-select ways they can explore and test their ideas	<p>LinkedIn post and infographic about using the exploration activity in Year 10 guidance meetings: <a href="https://tinyurl.com/mrxubrd8">https://tinyurl.com/mrxubrd8</a></p> <p>Katherine Jennick review:  <a href="https://tinyurl.com/32mnycha">https://tinyurl.com/32mnycha</a></p>

Creating a career vision	Visualising the future and what activities might form part of your future career	<p>Infographic activity instructions and LinkedIn post:  <a href="https://tinyurl.com/bdhbswwz">https://tinyurl.com/bdhbswwz</a></p> <p>Video example of the activity in action:  <a href="https://tinyurl.com/bdh9husn">https://tinyurl.com/bdh9husn</a></p> <p>LinkedIn post by Louise Caunt:  <a href="https://tinyurl.com/5b9tjedx">https://tinyurl.com/5b9tjedx</a></p>
Action planning	Support action planning by helping clients to identify potential stepping stones and pathways that can lead to a longer-term goal	<p>Infographic instructions and LinkedIn post:  <a href="https://tinyurl.com/27aa3p2w">https://tinyurl.com/27aa3p2w</a></p> <p>Case study example from a CDP:  <a href="https://tinyurl.com/y54993ft">https://tinyurl.com/y54993ft</a></p> <p>LinkedIn post from Louise Caunt:  <a href="https://tinyurl.com/356zh8nw">https://tinyurl.com/356zh8nw</a></p> <p>Review by Chris Dobry:  <a href="https://tinyurl.com/y9auedwc">https://tinyurl.com/y9auedwc</a></p>
Sharing post-16 options	Using the cards as a menu of options	<p>LinkedIn post:  <a href="https://tinyurl.com/ym3udxnj">https://tinyurl.com/ym3udxnj</a></p>
Young entrepreneurship	Using the side hustle cards in career meetings	<p>LinkedIn post:  <a href="https://tinyurl.com/3dctsf2m">https://tinyurl.com/3dctsf2m</a></p>
Example of use in Year 10 guidance meetings	Exploration of possibilities and what work can look like	<p>LinkedIn post by Stephen McArdle:  <a href="https://tinyurl.com/4astxyxs">https://tinyurl.com/4astxyxs</a></p>
As seen in RCDP toolkits		<p>LinkedIn post by Hannah West RCDP:  <a href="https://tinyurl.com/3cjt32ye">https://tinyurl.com/3cjt32ye</a></p> <p>LinkedIn post by Antonia Robinson:  <a href="https://tinyurl.com/3j7bpzm8">https://tinyurl.com/3j7bpzm8</a></p> <p>LinkedIn post by Stephen McArdle RCDP:  <a href="https://tinyurl.com/nb9arh6m">https://tinyurl.com/nb9arh6m</a></p>

		<p>Review from Amelia Brooke:  <a href="https://tinyurl.com/yrxmap7s">https://tinyurl.com/yrxmap7s</a></p> <p>Review from Ladi Mohammed-Chapman:  <a href="https://tinyurl.com/2z46zvdz">https://tinyurl.com/2z46zvdz</a></p> <p>LinkedIn post by Colette Johnson:  <a href="https://tinyurl.com/yed65j9t">https://tinyurl.com/yed65j9t</a></p>
Play your cards right	Evaluating possible career options in relation to one another – is it higher or lower?	<p>LinkedIn post and infographic about the play your cards right activity:  <a href="https://tinyurl.com/mr3476zm">https://tinyurl.com/mr3476zm</a></p>

### Careers Education Group Work Ideas and Plans

Activity Name	Description	Links for further info
Gap Year group work plan for Y12 students	Help students reflect on what a gap year is, what it can look like, and whether it might be an option in the mix for them.	Slides, groupwork plan and resources: <a href="https://tinyurl.com/3nbmm7ak">https://tinyurl.com/3nbmm7ak</a>
Introduction to LMI for Key Stage 4 students	Identify how LMI can be used to support career decisions and strengthen research and information management skills so that you can find and interpret information as part of a decision-making process.	Slides, groupwork plan and resources: <a href="https://tinyurl.com/4rhdz6mn">https://tinyurl.com/4rhdz6mn</a>
Exploring the concept of career	Group work by Bodil Chambers exploring the concept of career	Product review and case study in Career Matters magazine: <a href="https://tinyurl.com/mr39xpjh">https://tinyurl.com/mr39xpjh</a>

Decent work	Thinking about what makes decent work, and whether all forms of work offer that decency.	Slides, groupwork plan and resources: <a href="https://tinyurl.com/2cmv5xye">https://tinyurl.com/2cmv5xye</a> Infographic and explainer: <a href="https://tinyurl.com/23c9zfbu">https://tinyurl.com/23c9zfbu</a> LinkedIn post - spotlight on zero hours contracts: <a href="https://tinyurl.com/23c9zfbu">https://tinyurl.com/23c9zfbu</a>
CV Writing	How to create a CV that stands out for the right reasons.	Slides, groupwork plan, and resources: <a href="https://tinyurl.com/pzerdjtv">https://tinyurl.com/pzerdjtv</a>
Work experience	What work experience is, how it can help, how to find it and apply, and how to get the most out of the opportunity.	Slides, groupwork plan, and resources: <a href="https://tinyurl.com/3tjzdnd3">https://tinyurl.com/3tjzdnd3</a>
<b>Careers Fair Ideas</b>		
<b>Activity Name</b>	<b>Description</b>	<b>Links for further info</b>
What is career?	Considering what the word career means.	Video showing Lis McGuire's stand at a career fair: <a href="https://tinyurl.com/y8bj2bd4">https://tinyurl.com/y8bj2bd4</a>
Which activities will you choose?	Choosing a pathway you would like to explore in a careers meeting	LinkedIn post from Kath Dunn showing Shape of Career cards being used with counters at a careers fair (see comments too): <a href="https://tinyurl.com/322wsv6t">https://tinyurl.com/322wsv6t</a>