

Find Your Future Career

A Regional Careers Programme for 14–19-year-olds, aimed at preventing NEET (Not in Employment, Education, or Training) status among young people and addressing gaps in career support.

Delivery by 31 March 2025

‘Find Your Future Career’ is a series of career programme interventions designed to support young people in Birmingham, aged 14 to 19, who are not receiving career advice due to their personal circumstances. This includes those associated with Birmingham’s Virtual School, such as elective home-educated students, teenage parents, those without a school place, young people in care and care leavers, young people with SEN (with and without an EHCP), those missing in education, and newly arrived individuals.

The programme aims to provide a valuable and varied service, offering support, knowledge, guidance, and skills to help young people determine their options and make informed choices at key transition points.

There are currently six programmes available for young people to participate in:

Theme One - Social Emotional Mental Health – Support for Young People aged 14 -19 years	Detail (volumes)	Dates	Further Information & Key Contacts
<p>For the project there will be multiple sessions based around supporting young people in the following themes, increasing resilience, able to manage their own anxiety or stressful situations, to navigate values and goals, as well as increasing their own self-confidence and self-value in preparation in considering their careers choices or their next steps, as outlined within the brief.</p> <p>On the topic of managing anxiety and stressful situations the sessions will explore how daily practices for a positive momentum, growth mindset vs</p>	<p>Support young people 14 -19-year-olds</p> <p>Currently in engaged in education</p> <p>Free training sessions – fully funded via</p>	<p>Various</p> <p>3 February 2025 – 31 March 2025</p>	<p>Jenna Hyde at jenna@classsofhyde.com or telephone 0121 517 0333</p> <p>Please see the ‘Free Wellbeing Sessions Delivered to Schools’ for further information and booking details.</p>

<p>fixed mindset (for increased resilience), how daily practices can work, gratitude practice and designing our day. For the focus of increasing self-confidence, the project will work with the young people on dissolving self-limiting beliefs, achievement reflection for fuel, the muscle of positive self-talk, empowerment and strength finding. The sessions will utilise the power of role models by conducting sessions on taking inspiration from others, establishing individual values and affirming where those values can be lived.</p> <p>On the theme of resilience, the project will collaborate with the young people on the power of reframing, failing forward and managing imposter syndrome. Regarding managing anxiety sessions will cover short-term stress management techniques long-term stress management techniques and procrastination prevention techniques. There will also be an option for breathwork sessions for relaxation techniques when experiencing anxiety and for improved sleep patterns.</p> <p>With the focus of this project being around Find Your Future Career, the sessions will also cover a multitude of forward-facing topics. These will include strength finding and using individual strengths to apply them to establish the direction of goal setting. Whilst later themes will also include specific career topics such as interview skills, using body language to communicate confidence, rapport-building skills for peers and for future careers and public speaking skill development. The project delivery also aims to explore further topics such as stress management for individuals who are neurodiverse and the importance of finding your voice.</p>	<p>Commonwealth Games legacy fund</p> <p>For up to 100 young people</p>		
--	--	--	--

Theme Two - Intervention 2 ROCUP	Detail	Dates	Further Information
<p>To provide essential extra assistance to young people who need additional activities first, to ready them to engage in careers activities and support.</p> <p>We are seeking interventions that provide sport or physical activities, well-being, health, confidence-building, mentoring, life skills, or supportive pursuits to young people aged 14 to 19. We want the young people supported to feel actively engaged, empowered, resilient and more confident to approach aspects of life, including navigating their consideration of careers choices and activities.</p> <p><u>ROCUP Project Summary</u></p> <p>The ROCUP programme helps young people to ‘Rise Over Challenges’ with the offering of physical activities and personal trainer group sessions to help young people:</p> <ul style="list-style-type: none"> • have a sense of community or support – connecting to peers sharing similar challenges and goals • increase their daily activity levels • improve their nutritional knowledge – to aid health eating and improvements to concentration and energy in school and activities they’re involved in, as well as reducing the risk of long-term health issues • experience reduced stress, better focus, improved self-esteem and having a positive impact on mental health and sense of belonging <p>ROCUP provides 1:1 sessions and group sessions.</p> <p>The plan is to deliver group sessions with 4 to 5 people – (either single gender or mixed groups) of 2x 90 minute sessions twice a week – to provide personal physical training and nutritional education and guidance plans (booklets and creation of healthy balanced meal plans). Location</p>	<p>Support young people 14 -19-year-olds</p> <p>Currently in engaged in education</p> <p>Free training sessions – fully funded via Commonwealth Games legacy fund</p> <p>For up to 40 young people</p>	<p>Delivery by 31st March 2025</p>	<p>Rudy O’ Halloran at info@roclife.co.uk or telephone 07727 315278</p> <p>www.rudyohalloran.com</p> <p>www.instagram.com/rocup_</p>

<p>for the activity is at the gym ROCUP currently work from, which is based in the Jewellery quarter, as it's an easily accessible location and beginner friendly.</p> <p>The young people can also access the weekly runs hosted by ROCUP.</p>			
Theme Three – Find Your Future Career Project	Detail	Dates	Further Information
<p>There are 3 strands to the project proposed.</p> <p>The project aims to raise aspirations of those identified as at risk and provide targeted careers advice & guidance using digital tools (e.g. Careers Coach, Talentino, Xello and Purlos Outcore AI), with 1:1 intervention for those who are at the highest risk of disengagement. Overarching Aims for the targeted Careers Advice.</p> <ul style="list-style-type: none"> • Provide a wide range of digital options to help support the widening of perspectives and opportunities available for specific levels of achievement and interests. • Provide targeted 1:1 intervention for students who are at risk of disengagement to prevent increase in NEET population. <p>The project will include but not limited to 3 x in person Careers Events in early March which will host employers both local and national. Guest speaker workshops will aim to raise aspirations of participants</p> <p>Overarching Aims for the Careers Opportunities Events: To provide students with opportunities to explore and discover pathways to success through a set of targeted interactions:</p> <ul style="list-style-type: none"> • Provide access to a cohort of role models that may not otherwise be available through smaller scale events. 	<p>Support young people 14 -19-year-olds</p> <p>Currently in engaged in education</p> <p>Free training sessions – fully funded via Commonwealth Games legacy fund</p> <p>For up to 200 young people</p>	<p>1st February – 31st March 2025</p> <p>In person engagement events for secondary schools:</p> <p>6th March 2025 at B Met College, Matthew Boulton campus</p> <p>13th March 2025 at B Met college, James Watt Campus</p>	<p>Kay Burton- Williams email: kay.burton-williams@bmet.ac.uk</p> <p>Jan Myatt email: Jan.Myatt@bmet.ac.uk www.bmet.ac.uk Birmingham Metropolitan College 4 Jennens Road, Birmingham B4 7PS</p> <p>Aldridge Road, Great Barr B44 8NE</p>

<ul style="list-style-type: none"> • Provide access to employers from the public, private, third and micro-business sectors to ensure a wide-reaching scope of opportunities, including entrepreneurship. • Provide access to one themed workshop. • Provide access and interaction with a panel of experts (in the micro-business sector). <p>During Careers Week 3-7th March this would be further supplemented with CV writing, job hunting and interview techniques, including sessions from employers on what skills they are looking for in their employees. Special sessions on how to job hunt with LinkedIn will be provided also.</p> <p>Overarching Aims for the Careers Week activities</p> <ul style="list-style-type: none"> • Provide access to CV writing workshops to improve the strength of opportunities in making applications and showcasing personal achievements and skills to gain traction in shortlisting for job vacancies. • Provide access to employers to develop greater understanding of the skills attribute's employers are looking for when reviewing applications and at interview including how to search and apply via LinkedIn. • Providing scenario-based interview techniques sessions to support greater positive outcomes and opportunities for success at interview stages building resilience and overcoming barriers to success. 		6 th March 2025 South Birmingham – Longbridge	Jacqueline Maher email: Jacqueline.Maher@sccb.ac.uk 1 Longbridge Lane Northfield, Birmingham B31 2TW
--	--	---	---

Theme 4 - Care Leavers and Looked After Children	Detail	Dates	Further Information
<p>The project intends to provide support, knowledge, guidance and skills to determine options and choices for Care Leavers and Looked After Children for their next steps. We aim to target these cohorts to better support progression to their next steps.</p> <p>The project will consist of 4 parts</p> <ul style="list-style-type: none"> • A current skills assessment - this will set starting points and establishing students' existing skills • Careers interview and guidance of next steps for 3 years - including a bespoke careers interview to support students to look at careers pathways to match their skills and aspirations and will include the use of resources such as Talentino and Xello resources • Two Enrichment Opportunities –to include taster events (a minimum of two tasters in different curriculum areas and a Birmingham based careers event with employers • A completed 'passport' detailing an individual education and careers plan with a clear progression pathway 	<p>Support young people 14 -19-year-olds</p> <p>Currently in engaged in education</p> <p>Free training sessions – fully funded via Commonwealth Games legacy fund</p> <p>For up to 200 young people</p>	<p>1st February 2025 – 31st March 2025</p>	<p>Jan Myatt email: Jan.Myatt@bmet.ac.uk</p> <p>www.bmet.ac.uk</p> <p>Birmingham Metropolitan College 4 Jennens Road, Birmingham B4 7PS</p>
Theme 5 - Young People with SEND	Detail	Dates	Further Information
<p>We propose to deliver four elements as part of the project:</p> <ul style="list-style-type: none"> • Getting to know you workshop, supported by completion of a vocational profiling document that identifies students' skills and attributes, possible careers interests, alongside identifying any support aids and specialist equipment required. The profile also includes details of how the student learns best, confidence levels in terms of independence, any previous work experience and details of the study the student is currently undertaking. • Careers exploration workshop– Kahoot, career related activities, Skills analysis – Xello Talentino. This would be using a range of 	<p>Support young people 14 -19-year-olds</p> <p>Currently in engaged in education</p> <p>Free training sessions – fully funded via Commonwealth Games legacy fund</p>	<p>1st February 2025 – 31 March 2025</p>	<p>Jan Myatt email: Jan.Myatt@bmet.ac.uk</p> <p>www.bmet.ac.uk</p> <p>Birmingham Metropolitan College 4 Jennens Road, Birmingham B4 7PS</p>

<p>specialist resources to explore further the career pathway details identified from completing the profile</p> <ul style="list-style-type: none"> • Careers experience – opportunities for tasters in different curriculum areas, across different sites. Organisational bespoke taster activities so students can take part in a session and ask any questions they might have to support progression choices • Personal careers pathway and opportunities – 1-1 careers interview, and attendance to an event in Birmingham where students with SEND can talk to employers about career pathways in a variety of industries. 	<p>For up to 180 young people</p>		
Theme 6 – Future Career – For Elective Home Educated	Detail	Dates	Further Information
<p>Our programme targeted at Elected Home Educated (EHE) young people aged Yr11 plus and will be delivered in a ‘Youth Work’ style. The strength of this style of delivery is based on the relationship between young people and those who will be facilitating the sessions. This, along with the aspects of voluntary association and respect for young people, will enable the young people to see the programme as an important element of their transition to adulthood.</p> <p>By providing our EHE young people will a positive experience of learning and socialisation outside of the home and their close EHE network they will begin to widen their horizon and trust the world outside of what they know their’ comfort zone’.</p> <p>This programme has been written to offer an opportunity for participation in one off sessions or choose from the menu offered. We will support and encourage on going engagement in multiple sessions</p> <p>The programme will include the following elements and take the participants on a journey of exploration of the working world.</p>	<p>Support young people 14 -19-year-olds</p> <p>Currently educated at home</p> <p>Free training sessions – fully funded via Commonwealth Games legacy fund</p> <p>For up to 100 young people</p>	<p>12th February – 31st March 2025</p>	<p>Ed Wright email: Ed.Wright@bayc.org</p> <p>Tel: 0121 460 5870</p>

