

Future You

Qualifications are essential but still represent only one part of becoming employable. Understanding your strengths and weaknesses, building your self-confidence and having the ability to convey your skills, knowledge and competencies effectively are equally important when presenting yourself.

'Future You' can be delivered to both small or large groups on-site and the day can be flexible to suit your requirements.

During each workshop students will experience a range of techniques covering verbal and non-verbal communication, discovering their own great selling points. This will prepare them for the next part of their life journey, whether that's for a University or job interview!



Aims of the workshop

- To raise the level of awareness of effective personal communication when interacting with others
- To identify strengths enabling students to reflect, evaluate and make sensible decisions about their future
- To build confidence and understand how to overcome weaknesses
- To realise that actions taken NOW have a direct impact on their employability and levels of success



Benefits

During this workshop, students will:

- Learn how to communicate effectively
- Identify strengths and overcome weaknesses
- Define their unique skillset
- Discover how to sell themselves as a whole package
- Realise that actions taken now will impact on their future success

"I've become an amazing communicator in the world of work."

Student

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Workshop content

Students will have the opportunity to think about their communication skills and how to build on them in preparation for any interview at all stages, including first impressions, body language, stress/anxiety and online. They will explore their own skills (even the hidden ones) and look at making them transferable hence creating good examples to confidently sell themselves in any situation.

This workshop strongly aligns to Gatsby Benchmarks 3, 4 and 8, as well as CIEAG (Careers Information, Education, Advice and Guidance).



Results

Students are motivated to maximise their education, personal attributes, skills and knowledge. They will also understand the impact that attitude and state of mind have on their employability and levels of personal success.

They will be equipped with a range of communication skills enabling them to present themselves in the best possible light when applying for jobs, preparing for interviews, presentations or assessments.



Practicalities

Your Positively You event can be broken down as follows, depending on your timetable:

- 4 x 1-hour workshops
- 3 x 80-minute workshops
- 2 x 2-hour workshops

Each workshop can accommodate no more than 100 different students and can be delivered face-to-face or online:

We are Positively You

For over 20 years, Positively You has developed a formidable reputation in the education market place as one of the UK's leading training providers. We provide student workshops, Continual Professional Development for teachers, parent workshops and supportive resources.