

# FINDING FUTURES

**Raising Aspirations, Guiding Futures  
and Improving Outcomes**



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# FINDING FUTURES

Raising Aspirations, Guiding Futures and Improving Outcomes

We offer your students:



**GB 2**  
3 + 8 **1-1 Careers Advice** for essential guidance and support that fills statutory requirements.

**GB 2**  
3, 4 + 5 **World of Work** days for employer interactions and work related learning.

**GB 3**  
4 + 5 **Skills Building** workshops which focus on the core skills for life and work.

**GB 3**  
3 **Self - Awareness** workshops to improve wellbeing and facilitate better choice making.

**GB 3**  
3 **Focused Workshops for Disadvantaged Students** to raise aspirations and close the attainment gap.

**GB 2**  
3, 4 + 5 **Going Digital** workshops to prepare students for the changing working world.

We offer your school:



THESE EVIDENCE  
THE GATSBY  
BENCHMARKS  
TOO!

 **Career Mark/QCS Award** support by completing your assessments and applications whilst collating evidence.

 **Careers Programmes** support, creating a tailored and bespoke programme for your school.

 **Ofsted Support** by creating evidence folders and ensuring you are compliant with statutory requirements.

 **Staff CPD Training** to inform and coach and to ensure a whole school approach to Careers.

# Our Vision



Finding Futures believe that every child should achieve and succeed **within and above the framework of the Gatsby Benchmarks**. We offer provision that provides supportive education, information and guidance about a student's future to maximise their potential for success. Our belief is that in order to be successful, we must look at every student **holistically**, taking into consideration how their early life, learning journey, aspirations, knowledge about the working world and experiences of the world around them will shape their educational and career choices throughout their life. It is our goal to mould confident, resilient and motivated members of society who will **achieve their full potential** beyond their schooling years and into the working world. Based on our vision, we can offer the following where:

## Schools Will:

- See increased motivation in the classroom.
- Notice active engagement in their learners.
- Recognise increased attainment in their students.
- See the Gatsby Benchmarks in action.
- Have students with increased self-awareness.

## Students Will:

- Explore and understand Careers Information.
- Confidently plan for their future.
- Demonstrate increased aspirations, motivation and confidence for their future.
- Excel within the Gatsby Benchmarks and beyond
- Become more self-aware and apply this to their future pathways

**FINDING  
FUTURES**



# What We Offer - Students



GB 2  
3+8

## 1-1 CAREERS ADVICE

Personal guidance is essential when supporting students to make their educational and career choices. Life Jigsaw has two qualified Careers Advisors with CDI membership and a wealth of experience guiding young people to make their important choices from GCSE, post 16 and post 18 options.

Careers advice sessions are also available in a group, with parents or as a part of a staff CPD programme.

INCLUDES  
EMPLOYERS!

GB 2  
3,4+5

## WORLD OF WORK DAYS

Every student has the right to flourish within the framework of the Gatsby Benchmarks which is why we offer above and beyond this to include the nitty gritty of the working world and provide your students with the following:

- CV's and Job Applications
- Interview Preparation
- Industry Insight Workshop
- Employer Presentations
- Personal Brand Workshop
- Future of Work Insight Workshop
- Speed Networking with Employer

Each workshop/day is careers focused with guest employers contributing to the delivery.

GB 3  
4+5

## SKILLS BUILDING

Using the Skills Builder framework, and linking with the competencies on Unifrog, Life Jigsaw can deliver workshops that focus on the following skills:

- Creativity
- Staying Positive
- Aiming High
- Leadership
- Listening
- Presenting
- Teamwork
- Problem Solving

INCLUDES  
EMPLOYERS!

Students will take part in focused workshops aimed at explicitly teaching them how to build and use each skill through scenarios applicable to school, home and the working world.

Where possible, Life Jigsaw will incorporate employers to discuss the importance of transferable skills, providing advice and support from industry.



GB 3

## SELF AWARENESS - IT'S ALL ABOUT YOU!

We believe that the most important relationship you will have is with yourself. Being able to understand YOU and use that to your advantage when planning your future is vital to creating success. Understanding YOU is directly linked to increased wellbeing which is the single most important thing a child can have before they are able to be susceptible too and access guidance for their future and foster high aspirations for themselves. That is why every student needs to know the following:

- **Core Beliefs**

To understand what their core beliefs about themselves and their abilities are, where these have come from and if they are true. Exploring the conditioning and programming that has taken place to create these beliefs and challenging as well as changing them to increase their potential in their futures.

- **The Brain**

To learn the science behind how we interact with and within the world. Exploring our three types of brain – Reptilian, Limbic and Neocortex and how these affect our decision making, ability to work with others and aspirations as well as our thoughts and behaviours in everyday life.

- **The Mind/Body Connection**

To understand how to be in tune with ones mind and body to create good mental and physical health. Exploring yoga, meditation, mindfulness and nutrition to create and promote wellbeing.

- **Self Care**

To understand; how to look after your inner child, find expressive outlets that work for you, connecting with others, the importance of sleep and connecting with nature. Exploring and creating personalised 'tool-kits' that aid wellbeing.

- **The Future Self**

To understand the importance of goal setting, visualisation and manifestation. Exploring the neuroscience behind these elements and how to create the future that they want for themselves with practical ideas that can be used throughout their life.

- **Emotional Awareness**

To understand one's emotions and how being aware and in tune with them can bring about good change for the future. Exploring and working The Change Triangle to understand core emotions, defences and inhibitory emotions for life long emotional intelligence. This session can be expanded to include further work on resilience, motivation and confidence.



We provide whole day workshops on Self Awareness but can also deliver assemblies or one-hour sessions on particular topics that are of need to your students.



GB 3

## MIND THE GAP- GIVING THEM THE ADVANTAGE

Addressing social mobility is a passion for us and that is why we offer workshops for your Disadvantaged Students in order to give them advantage in their future. Based on current recommendations from the EEF, Sutton Trust and DfE, we provide the following workshops:

- **Metacognition and Self Regulation** – Learning how to learn and exploring how they learn best in order to improve outcomes and motivation in the classroom.
- **Retrieval and Recall** – Explicitly teaching retrieval and recall techniques in order to maximise exam success and improve confidence in the classroom.
- **Fixed vs Growth Mindset** – Teaching students how to adopt a growth mindset to boost learning.
- **Feedback** – Learning how to give, receive and use feedback effectively in many scenario's in life.

Each workshop can be delivered across all year groups and can include parents or staff, dependent on numbers.

INCLUDES  
EMPLOYERS!

GB 2  
3 4 + 5

## GOING DIGITAL

Preparing students for the working world of the future can be daunting when there are new industries and roles emerging all the time. We feel it's vital to educate all students on how to prepare for this and give them the edge when applying for jobs, therefore we provide the following:

- **Digitise Yourself** – Exploring how you portray yourself online through social media, Linked In and other platforms and how you can use this to your advantage in the working world.
- **What is Out There?** – Tutorials on how to gain the most knowledge possible from careers platforms. Exploration can be personalised to whatever careers platform you use.
- **The Third Industrial Revolution** – Exploring how the working world has changed with concepts such as the 100 year life, new and developing industries and roles (and ones that will be non existent soon!) Flexible Working etc. Includes practical ways to use this information to your advantage when thinking about a career.

Each of our workshops can be personalised- extending or condensing them to deliver in assembly times up to full day workshops. **Bespoke to your school and students.**

Evidenced, planned for and created by Careers professionals and in consultation with secondary school teachers, psychologists, employers and students, our workshops will improve attainment, increase aspirations and maximise educational and career success,

# What We Offer - Careers Leadership

## CAREER MARK/ QCS AWARD

It is vital for schools to showcase the hard and fantastic work they are doing, which is why we are able to create evidence folders based on your current CEIAG provision to directly support the application of the Career Mark or Quality in Careers Standard award. This gives your school the prestige and status it deserves. We handle everything from collating the evidence, compiling reports to applying for the award itself. Critical work that your SLT may not have the time to do!

WE LINK  
EVERYTHING TO  
GATSBY!

## CAREERS PROGRAMMES

Having worked with and within schools for many years, being qualified careers advisors and delivering hundreds of careers based projects and events, we know what an effective Careers Programme looks like. We can create bespoke plans to suit your students which will be mapped closely against the following:

- Each Gatsby Benchmark.
- Your previous destination data.
- Key sub groups in each year group.
- Employer interaction.
- A level of curriculum embedment that suits your school.
- Evaluations and Priorities.
- Your school's vision and aims.

## OFSTED SUPPORT

Is your school due an Ofsted in the next two years? We are able to provide critical support to ensure that you score Outstanding on your CEIAG Provision. We will work with your Senior Leadership Team and compile bespoke folders of evidence mapped against the following:

- Each Gatsby Benchmark.
- Your school's key sub groups, priorities and aims
- The intent, impact and implications of your CEIAG provision.
- Evaluations, quotes and testimonials .
- The National Careers Strategy and the DfE Statutory Guidance for Careers.

This support will look different to every school and after a consultation meeting, action plans will be drawn up to ensure we showcase and evidence your CEIAG to gain that 'Outstanding' grade you deserve.



# STAFF TRAINING

We know that when implementing new strategies, knowledge or direction in a school, the hardest thing can sometimes be staff buy-in. Not for lack of passion or want, but because of the ever growing constraints of time (+brain space!).

This is why we provide the following, deliering clear, concise, engaging and interactive training to your staff to ensure that a whole school approach is adopted.

## **Frontline Support Training**

Tutors and Mentors are normally the first to be faced with careers advice questions. Speaking from experience is invaluable but being able to give effective, supportive and specific information on careers is vital. In order to provide the best guidance possible, we train your staff on techniques and strategies they can use on the frontline.

## **Career Champions Training**

Lots of schools are adopting an approach where they have dedicated 'Career Champions' within each faculty. We are able to provide resources, techniques and strategies to assist them in implementing a repeatable programme within their faculty to embed careers education.

## **Whole Staff CPD**

Training for your staff on the latest Career trends and news including local Labour Market Information, opportunities within your area for your students, how to embed Careers within the curriculum including tips and hints from employers as well as resources to take away to guide further discussion and planning. This session can be personalised to suit the priorities and needs of your school.

## **Staff Self Awareness**

We talk to students alot about understanding themselves so they can maximise their success, however, we need to make sure that the staff who are educating them recieve the same messages. We provide your staff with the same tools as the students to ensure that a whole school approach is adopted.



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## About Us...

**Kristina is currently finishing a Masters in Career Guidance.**

**Registered with the CDI, she has up to date experience of working as a recent Careers Leader in schools, working with young people and families to provide education support as well as working in education to provide projects and events to raise aspirations and increase Career awareness.**

**She is passionate about supporting young people to find the right path for them, increasing their understanding of themselves and overcoming barriers to maximise their potential for success.**



## CONTACT US ON

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