

Welcome to the Autumn Term, we are back in school - woo hoo! It may be a little different but I really hope that you seek to make the most of all the opportunities you have available to you, there is still a lot you can get involved in. I am very pleased to have the chance to actually see some student faces too, it has been a long wait starting a new job in lockdown but I am excited to start helping you plan your future studies and careers. My newsletter this time has a new term feel to it, I am hoping to instil you with lots of energy and motivation to help you achieve this term. I have concentrated on the idea of building resilience for my main article, as well as exploring a range of careers. Enjoy!

### Future Proof Yourself: Building Resilience

Employers value many transferable skills but for this issue I am focussing on **resilience**. What do I mean by this? Well, resilience is the ability to recover from a setback, which for you as students could mean losing a school football match or a series of bad grades to name just a few! The important part for you as learners, and as employees of the future is knowing how best to accept, learn and move on from failure... If you are someone who can reflect positively, then you are resilient, particularly if you are able to fight on after multiple knock backs... And employers are very interested in you if you can! *But* this is sometimes easier said than done, so I have had a look for some tips that help you to build *your* resilience. Have a look at these and see what you think:

- ⇒ Try and **see difficulties as challenge** rather than something that might defeat you. Learning from setbacks will help you become better at dealing with the next problem
- ⇒ Have a commitment to succeed. If you have a **positive outlook** on the way you approach things then this will help you tackle challenges
- ⇒ **Focus on the things that are in your control**, and worry less about those you cannot. Doing this will help you to feel more confident, which is more likely to lead to success
- ⇒ **See setbacks as temporary**, something that can be turned around with a positive plan
- ⇒ Don't let difficulties have a negative knock-on effect in other areas, and **don't take failure too personally**
- ⇒ Try and **maintain a positive view of the future**, keep imagining that whatever you can't do now will be something you can do in the future with continued effort and determination
- ⇒ **Stay flexible and open-minded** to different ideas
- ⇒ **Have the courage to follow your ideas through**, even if there is a risk of failure (otherwise you will always wonder what might have been)
- ⇒ **Get enough sleep, exercise and learn how to manage stress** so you are able to cope with the setbacks that will come your way
- ⇒ **Don't worry too much** about other people's opinions of you, and try not to blow things out of proportion



### Careers Quiz Time: Who did what?!

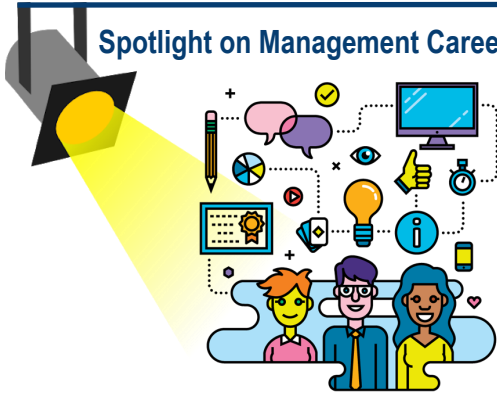
Many people move from career to career as time goes on, and this is something important to know and understand as yours is very likely to change too. Look at the list of jobs below and try and match them to the Hall Park staff names in the table (answers in the next issue!). Can you figure them all out? Do any surprise you?

- Sports Development Officer
- Cinema Worker
- Checkout Supervisor at Somerfield
- Part 1 Architect RIBA
- Freelance Football Writer
- Civil Servant x 2!
- Working in Pharmaceuticals (making drugs)
- Personnel Assistant at Liberty's in London
- Operations Specialist at TDX Group
- Nursing Recruitment Consultant
- Tax Inspector at HMRC
- Legal Admin Assistant
- RAF Aircrew
- European Senior Field Service Engineer
- Landscape Gardener
- English as a Foreign Language Teacher
- Engineering Geologist
- Dyehouse Manager
- Plumber
- Merchandiser in the Textile Industry
- Half-time Entertainer at Forest
- Hairdresser
- Youth Worker

Mr Hassall	Mrs Hellewell	Miss Mason
Mr Perschke	Mr Rochester	Miss Powell
Mr Spriggs	Mrs Matthews	Mrs Nicholson
Mr Sisson	Mr Mee	Mr Rossiter
Miss Farmery	Mrs Paget	Mr Wright
Mrs Scott	Mrs Foster	Mr Eden
Ms Norridge	Mr Fenby	Mrs Kelly
Dr Thornton	Mrs Goodfellow	Ms Waterhouse

Remember that the people around you have so much experience that you can get the benefit of. **Start a careers conversation** and see!

## Spotlight on Management Careers



There are many different types of management, covering almost all employment sectors. To give you an idea of just how varied it can be, click [here](#) for the 'Managerial' section of the National Careers Service website, there's just a few there for you to look at!

Being a manager means being the leader of a team which comes with added responsibilities. But what does it take to be good at this job? This [site](#) offers the following advice:

1. As a manager you will develop your own style, one that fits in with your personality and / or the organisation you are working for. It is important that your team know you are the leader, but there should also be respect for each other to help you work well together to get the best results
2. You need to be able to manage time pressures, getting work done by an agreed deadline. This might mean you need to be able to juggle different aspects of your job, as well as training and negotiating with your team to get things done
3. You need to be good at planning and organising to help ensure targets are met. This would include thinking through different scenarios and having a plan for each of them
4. You need to be able to motivate your team and make sure that you are using their strengths effectively to help get the job done. Here communication is key, you need to be able to monitor and encourage your team when needed, as well as dealing with any conflict

Are these skills you think you might like to use or develop in a management role? Have you got any ideas on which sector you might like to be a manager in?

Here's the [Business, Management & Admin](#) section of the UCAS page so you can explore courses in more detail too, happy searching!

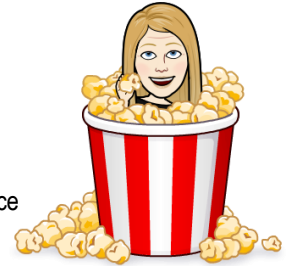
## Career Stories: It's all about me..

Once you realise that your career is unlikely to be a straight line you open yourself up to more possibilities. It might be that your roles may involve similar skills, and you may stay in the same sector (or not!) but it is exciting to think about how your career might evolve as you go through your lives.

My own career has certainly not been a pre-planned journey from where I started to where I am now, and I certainly didn't think I would be starting a whole new career this year - but I have!

Can you see any transferable skills in my career story?

1. A Levels in History, Geography & English Literature
2. Degree in History
3. Cinema Manager
4. Teacher of History
5. Head of Sixth Form
6. Teacher of Computer Science
7. Careers Adviser



### Business Related Career Links

See below for some business related links to explore (remember there are lots more general links in earlier newsletters!)

i-could.com Career Videos:

[Accountancy & Finance](#)

[Business Admin & Office work](#)

[Human Resources](#)

[Marketing & PR](#)

[Business Studies & Economics](#)

UCAS Subject pages to explore:

[Accounting](#)

[Business, Management & Admin](#)

[Economics](#)

[Finance](#)

[Marketing](#)

[Publishing](#)

Other relevant links

[National Careers Service](#) - Business & Finance section

[Accountancy Careers](#) - Institute of Chartered Accountants in England and Wales

[HR Professional Body](#) - Chartered Institute for Personnel & Development



*"You may encounter many defeats but you must not be defeated."*

Maya Angelou

SEE YOU IN CLASS

Email: [morrish@hallparkacademy.org.uk](mailto:morrish@hallparkacademy.org.uk)

Twitter: [@hallparkcareers](https://twitter.com/hallparkcareers)

