



Longridge High School

Excellence and ambition from all, for all



National Careers Week

It's National Careers Week – 4-9 March

National Careers Week (NCW) is a one-week celebration of careers guidance and free resources in education across the UK. Our aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people develop awareness and excitement about their future pathways.

We're thrilled to share The Parents' Guide to National Careers Week, created in partnership with National Careers Week: a free guide outlining vocational options after GCSE and sixth form.

[National Careers Week - parent/teacher guide \(theparentsguideto.co.uk\)](http://theparentsguideto.co.uk)

All the activities that were planned for National Careers Week, and that go on throughout the year that are careers related, help us to achieve the Gatsby Benchmarks. These benchmarks, 'The Good Career Guidance Benchmarks', have been adopted as part of the Government's careers strategy for schools and colleges to ensure every young person receives high-quality career guidance to make informed decisions about their future. Each benchmark is outlined below and shows what we must provide to ensure that our provision meets the standards.

THE GATSBY BENCHMARKS



A Stable
Careers
Programme



Learning from
Career &
Labour Market
Information



Addressing
The Needs of
Each Pupil



Linking
Curriculum
Learning
to Careers



Encounters
with Employers
& Employees



Experiences
of Workplaces



Encounters
with Further &
Higher
Education



Personal
Guidance



At Ashbridge Independent School and Day Nurseries we are proud of the quality of education we offer to the children in our care. We are committed to the highest of standards and as a member of the prestigious Independent Association of Prep. Schools, we encompass the values promoted by the very best independent schools in the world.

Our children's day nurseries in Preston are based in Hutton, Walton-le-Dale, Bilsborrow and Cottam.

Ashbridge Apprenticeships

apprenticeships@ashbridgeschool.co.uk

Inspire Inclusion - Army Apprenticeships and Careers

In celebration of International Women's Day 2024, join this exclusive free webinar in partnership with the British Army to help inspire the next generation of females about the amazing career opportunities available to them through the Army.

Join us on 5th March from 4pm - 5pm to hear from a panel of inspiring female ambassadors from the Army, representing professions across 7 different career streams, including:

- Medical
- Intelligence & Communications
- HR & Finance
- Combat
- Logistics & Support
- Engineering
- Music

To book your place: -

[Meeting Registration - Zoom](#)



Leyland Trucks are recruiting 28 apprentices this year across a range of business areas. We will be offering 23 Level 3 and 4 apprenticeships which are applicable to those who have achieved at least 5 GCSEs at Grade 4 or above (A*-C) in Maths, English and Science. There are two Level 3 apprenticeships - Assembly Operative (12 posts) and Business Administration (1 post). The Level 4 Apprentices are Automotive Engineer (8 posts), Facilities & Maintenance (1 post) and Fabrication & Welding (1 post).

Applications close on TODAY.

Further information and applications are accessed via our website [Apprenticeships - Leyland Trucks Ltd.](#)

Amazing Apprenticeships is a leading organisation in the education sector, working with schools, colleges and employers, tackling misconceptions and promoting the benefits of apprenticeships and technical education. As experts on apprenticeships and technical education, we influence the way that apprenticeships are perceived and drive forward innovative and creative work in England and internationally, to ensure that more individuals and businesses can access the benefits of apprenticeships. We have already brought about a huge culture change amongst schools in the way that apprenticeships are perceived and promoted to students... but there is always more to do!

The February issue of the Parents and Carers' Pack is always an exciting one because we can bring you some of the highlights of National Apprenticeship Week, the biggest week in the apprenticeship calendar!

[Parents and Carers- Pack February 2024.pdf \(ctfassets.net\)](#)

At Runshaw we work with hundreds of partner employers in a variety of sectors who are always on the lookout for new talent! We offer apprenticeships in areas such as Accounting, HR, Leadership & Management, Childcare and Business.

Any general enquiries can be sent to Apprenticeships@runshaw.ac.uk

Full vacancy details can be found here: [Live Apprenticeship Vacancies](#)

The full list of Apprenticeship Courses on offer can be found here: <https://www.runshaw.ac.uk/course-programme/apprenticeship/>

Earn while you learn!

Apprenticeships are open to anyone of working age (subject to eligibility checks)

Interested in an apprenticeship? Leaving school or college? Or wanting to switch industries and advance your career? Then check out Runshaw's exciting apprenticeship opportunities

 <p style="font-size: 0.7em; margin: 5px 0;">Business administrator L3 Apprentice Training/ NVO Coordinator (Ref: BA03) Ainscough Training Services Ltd - Leyland - NMW</p>	 <p style="font-size: 0.7em; margin: 5px 0;">Early Years Apprentice level 2 or 3 (Ref: CC08) Gelston Manor Day Nursery Chorley £5.28 per hour</p>	 <p style="font-size: 0.7em; margin: 5px 0;">Apprentice Resourcer Level 3 (Ref: BA86) Perfect Recruitment Ltd - Chorley £5.28 plus bonus</p>
<div style="border: 1px solid white; border-radius: 50%; padding: 10px; width: fit-content; margin: 10px auto;"> <p style="font-size: 0.7em; margin: 0;">Upskill in your existing role with an apprenticeship (subject to eligibility checks)</p> </div>	 <p style="font-size: 0.7em; margin: 5px 0;">Customer service L2 Apprentice Shipping Specialist - InXpress Preston (Ref: CS03) £200 per week</p>	 <p style="font-size: 0.7em; margin: 5px 0;">Team leading L3 Apprentice Quality Control Manager Receptive Solutions (Ref: TL01) £6.50 per hour</p>



YEAR 10 & 11

SEE FACILITIES MEET LEARNERS & STAFF EXPLORE YOUR OPTIONS

OPEN EVENT

THURSDAY 7 MARCH 4PM - 7PM



www.preston.ac.uk/march24

/prestoncollege

PRESTON COLLEGE

Preston College Open Event you can speak to our course tutors, specialist support staff, advisors and learners about the experience you'll get as a Preston.

College learner. You'll also have the chance to explore our industry standard facilities, Apprenticeships and learning opportunities including T-Levels and Scholarships. Keep up to date through our social media channels for your chance to win £20 Amazon vouchers at the event in our Golden Ticket competition.

Register now!

[Year 10 & 11 Open Event - March 2024 - Preston College](#)

SCHOLARSHIPS

Receive a number of benefits, including £1,000 (over two years), a travel pass, gym membership and more!

APPRENTICESHIPS

Meet the Apprenticeship team and learn about how you start your career and study for a qualification when you leave school.

FACILITIES

See the iSTEM Centre, Construction Skills Centre, Hairdressing Salon, Theatre, Dance Studios, Sports Centre and more!

CENTRE OF SPORTING EXCELLENCE

Find out more about our exclusive partnership with Preston North End Community and Education Trust.

SPECIALIST ACADEMIES

Find out more about Specialist Academies in Musical Theatre, Acting and Dance.

SEND

Talk to our SEND team to find out about the support available.

STUDENT SERVICES

Talk to our Student Services team about bursaries and bus passes.

JOB OF THE WEEK

LIFE COACH

ANNUAL SALARY- Variable

Average UK salary in 2019 was £30,378

Life coaches support and encourage people to help them make informed decisions in their working and personal lives.

Your day-to-day tasks will include:

- Discussing their situation, values, attitudes and beliefs
- Helping them to set and achieve suitable goals for change.
- Looking at ways of overcoming barriers and setbacks.
- Helping them stay motivated and committed.

Skills required:

- ✓ Counselling skills including active listening and a non-judgemental approach.
- ✓ Knowledge of psychology.
- ✓ Customer service skills.
- ✓ The ability to understand people's reactions.
- ✓ Sensitivity and understanding.
- ✓ Excellent verbal communication skills.
- ✓ Patience and the ability to remain calm in stressful situations.
- ✓ To enjoy working with other people.
- ✓ Active listening skills.
- ✓ To be able to use a computer and the main software packages competently.

Types of life coaching - You will usually specialise in one area of coaching, such as: Career coaching, Executive business, Group coaching, Health and wellbeing, Performance management, Personal development, Relationships, Retirement, Spiritual or Youth coaching.

Work Experience –

Relevant experience in a supporting role with a range of people is helpful. There are opportunities to find work experience within the charity sector in a variety of settings including community centres, care homes and prisons. Some schools and universities accept trainee life coaches.

Career Path & Progression – There is not a straightforward progression route for life coaches and personal development is mainly self-directed. If you move into executive, health or career coaching there may be opportunities to find work within different organisations which specialise in these areas, as well as the chance to advance into management roles. With experience, you can begin to run workshops and take on extra responsibility by offering supervision to other coaches.

<https://www.youtube.com/watch?v=1UKZ4nUc4g4lifecoach>

<https://www.prospects.ac.uk/job-profiles/life-coach>

<https://careerpilot.org.uk/job-sectors/training/job-profile/life-coach>

Working Environment and Hours

WORKING HOURS - 30 to 32 variable.

You could work: freelance / self-employed; managing your own hours

You could work from home or at a client's business.

You can get into this job through:

- A university course.
- A college course.
- Applying directly.
- Specialist courses offered by a professional body.

As life coaching isn't a regulated profession, you don't need to have specific qualifications. However, if you're serious about becoming a life coach, consider taking specific training with providers accredited by coaching associations such as:

- Association for Coaching (AC)
- British Association for Counselling & Psychotherapy (BACP)
- European Mentoring and Coaching Council UK (EMCC UK)
- International Coach Federation (ICF)

For more information speak to a Career Adviser or your local colleges.

