

Career guidance help sheet

A career can be defined as the course or progress through life and is more often associated with working life.

There are many reasons why someone may decide to alter course on their current career path – it may be no longer viable or a change in personal circumstances e.g. health, domestic situation, carer.

It can be helpful to prepare information on essential and desirable factors from your new role and there are a number of online assessments that can help with this. These also help you to identify your skills and knowledge that are transferable to other roles.

The following support networks may be of help in planning your next move:-

If you are a graduate, Prospects offers graduate jobs, course and work experience.

www.prospects.ac.uk

National careers service offers online support for writing CV's, job suitability assessment and the opportunity to speak to an adviser either face to face or by telephone.

<https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx>

Tel: 0800 100 900

Information on education and learning can be found on the government web page below

www.gov.uk/browse/education

Career advice including writing CV and interview tips can be found at

www.totaljobs.com

Investing in good health at work

Investing in good health at work