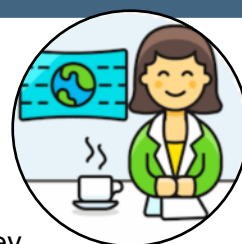




Your weekly guide to careers information, advice and news from Parklands High School

Welcome back to another issue of Career News, with lots of great careers content!

There are conferences, virtual work experience opportunities, courses, webinars, open events and much more.



- Myerscough College have an advice morning next Saturday (16th March) at all of their north west centres - why not check out the college and the vast range of courses they offer?
- Wigan Warriors also have an open evening coming up for anyone interested in signing up for September.
- Medic Mentor have conferences and work experience on offer - vital for any aspiring medics or dentists.
- Year 10 have an assembly this week to choose their subjects for the Wigan & Leigh sampling day in July. They will also visit Runshaw for a day - that assembly is after Easter.
- Runshaw College will be interviewing Year 11 students on Thursday and Friday next week - if anyone has not yet applied but would like an interview, please let me know as soon as possible and I can add you to the interview schedule. The final deadline for college applications is in two weeks - after that students go on a waiting list, with no guarantee of a place.
- The Careers Fair went really well - a big THANK YOU to anyone who was involved. Feedback from the employers and colleges was really positive. If you would like to see anyone in particular return to host an assembly, class talk, lunchtime drop-in or workshop, please let me know.
- Work experience booklets are available from the Top Office. These need to be signed by the employer, parent/carer and student before being returned. There are also application forms available for the NHS work experience programme - this was a really popular option last year, so with limited numbers, don't wait too long to get your application in! Finally, I can also offer a very limited number of work experience placements with MPCT, the military preparation academy in Chorley. See Miss Berry for more details on any of these options.

Have a great weekend



11th - 15th March 2024



“The best thing about life in the Army is the experiences you’ll have. You get the chance to **travel the world**, and all alongside your **best friends**. They really get you through the hard times.”



MEET

LANCE CORPORAL CHLOE ENGLAND

Adjutant General's Corps

Lance Corporal Chloe England joined the Army to make a difference. At the time, she was 16 and couldn't see a future for herself. She felt stuck, with a dead-end job, no career, and no purpose. Everyone seemed to doubt her, but she was determined to change her life. So today, she's all about inspiring other women to dream big.

SCAN THE QR CODE TO DISCOVER OUR OPPORTUNITIES AND LEARN ABOUT LIFE IN THE ARMY



NHS CAREERS EVENT!!!



Lancashire Teaching
Hospitals
NHS Foundation Trust

This is your chance to speak
with staff members from
multiple departments
including:

Physiotherapists, Midwives,
Finance, Estates and many
more!!!

Location: EDUCATION
CENTRE 1, ROYAL
PRESTON HOSPITAL,
PR2 9HT

Friday 3rd
May
10am-6pm



for more information please email us at:
WIDENING.PARTICIPATION@LTHTR.NHS.UK



APPRENTICESHIPS LINKED TO ART & DESIGN

- ARTS THERAPIST
 - ASSISTANT PUPPET MAKER
 - BESPOKE FURNITURE MAKER
 - FASHION STUDIO ASSISTANT
 - FLORIST
 - JUNIOR ADVERTISING CREATIVE
 - JUNIOR ANIMATOR
 - STORYBOARD ARTIST
 - CONTENT CREATOR
 - CURATOR
 - PHOTOGRAPHER
 - SCENIC ARTIST
- AND MANY MORE!**

SCAN ME



Interested in apprenticeships, but
not sure what to do next? Take a
look at our 'What Now?' guide...
www.amazingapprenticeships.com

The logo for 'Amazing Apprenticeships' features a stylized starburst graphic above the word 'Amazing' in a bold, sans-serif font, with 'Apprenticeships' in a smaller font below it.



RUNSHAW COLLEGE



You are invited to our...

STEM & T Level Showcase!

Wednesday **27th** March

6.00pm

Tour our
fantastic
STEM Assured
campus

Be inspired
by our STEM
leaders

Get future
ready with
our STEM
employers



Begin your own **STEM** story with us!

runshaw.ac.uk/stem-showcase



We would love to invite your year 10 and year 11 students, who are interested in STEM related subjects or careers, to our STEM & T LEVEL Showcase on Wednesday 27th March at 6pm!

Come along to hear from leaders in our STEM provision at 6pm, then meet a wide and varied range of employers, see our STEM assured campus and speak to our STEM and T Level Curriculum colleagues.

REGISTER NOW

INVESTIN

Free Events for Parents

Designed to help parents supercharge their child's career potential.



FREE EVENTS FOR PARENTS

To help you support your child's career development

Register Here

We are delighted to announce our upcoming free webinars, designed to help parents supercharge their child's career potential.

[Competing for Corporate Careers](#)

Wednesday, March 20th, 7-8pm (UK time)

Gain insights from industry professionals on diverse corporate opportunities and learn how to support your child's entry into the field.

[Effective Leadership & How to Follow](#)

Wednesday, 27th March, 7-8pm (UK time)

Learn strategies for skill development and discover how to nurture your child's ability to lead and follow effectively.

If parents are unable to join the sessions live, they can still register for the event to receive the recording and follow-up resources.

These events are designed to complement our series of free career tasters for students. Below is the full timetable of our free webinars scheduled for this term.

[Explore Parent Events](#)

[Explore Student Events](#)

[View Full Event Timetable](#)

Student Career Webinars

Open to all students, these webinars offer insights and guidance, allowing participants to explore their interests and passions.

12th March – 6pm

[Breaking into Creative Arts](#)

[Breaking into Psychology](#)

13th March – 6pm

[Breaking into Engineering](#)

[Breaking into Law](#)

14th March – 6pm

[Breaking into Medicine](#)

[Breaking into Banking](#)

All webinars will take place online via Zoom at 6pm UK time.



Myerscough
College & University Centre
INSPIRING EXCELLENCE

School Leavers | University Degrees | Apprenticeships

COURSE ADVICE MORNINGS

Saturday 16th March
Saturday 8th June
Starts 10.00am



CENTRES IN PRESTON, BLACKBURN, LIVERPOOL AND WARRINGTON

There are Myerscough College Course Advice Mornings at each of our Preston, Blackburn, Liverpool and Warrington centres on **Saturday, 16th March 2024**.

Hopefully the events might be of interest to your Year 9s, 10s and 11s, as potential progression routes for some of your pupils. There's additional information at:

<https://www.myerscough.ac.uk/whats-on/>

We've a choice of more than 30 different subjects, covering a wide range of land-based subjects (from Agriculture and Equestrian Studies to Motorsports and Veterinary Nursing.)

There's also a choice of Sports Coaching and Performance routes - across Football, Rugby, Cricket, Golf and Basketball.

There are options at a range of levels within each subject, from bespoke Foundation Learning courses through to Level 3 Diploma suites and dedicated T-Level routes.

Plus Apprenticeship opportunities in most subjects!

Information about transport routes, financial support and accommodation (at our Preston centre) is available here:

<https://www.myerscough.ac.uk/students/>



Myerscough
College & University Centre
INSPIRING EXCELLENCE

APPLY NOW
Applications open for September 2024 entry



TEF 2023
Silver

OUR NEXT COURSE ADVICE MORNING **SATURDAY 16TH MARCH**



INSIGHT INTO UNIVERSITY



Thank you to our supporters:



HELP STUDENTS DECIDE WHETHER UNIVERSITY IS THE ROUTE FOR THEM

Insight into University is a comprehensive virtual experience allowing students to explore STEM studies at university and the career opportunities that these subjects lead to. It provides access to information on student life, STEM projects and activities set by leading UK universities and global STEM companies, first year undergraduate lectures, live interactive sessions with academics, admissions tutors, employers and current students.

Whether young people are interested in life sciences, chemistry, biomedical, forensic science, robotics, food science, electronics, engineering, physics, computer science, sustainability, materials science, aerospace, built environment, tech or maths, we have something for them. With specially developed content and live sessions from universities including University of **Cambridge, Sheffield, Lancaster, Abertay, UCL, Oxford, Liverpool, Plymouth, Edinburgh, Birmingham, Warwick, Kingston, Nottingham, Strathclyde**. We will also have some fantastic workshops and careers guidance from organisations such as Innovate UK, GSK, GE, Tech Partnership, Rolls Royce and more.

The unique feature of this course is that students are able to access content from a diverse range of STEM subjects and will be able to tailor a course that suits their interest.

On successful completion of the course, which involves 30 hrs of study, students will receive a Silver Industrial Cadets award and be in a position to make a more informed decision for their UCAS application.



INSIGHT INTO UNIVERSITY



When is it?

The experience will run from **1st July until 23rd August 2024** and can be completed flexibly to fit around other commitments and study at a pace that suits individual circumstances.

Who is it for?

The experience is open to all students age 16+ and is suitable for all abilities, with activities that cover different levels of advanced study.

All students need is a genuine interest in STEM and inquisitiveness about what the future can hold for them and how they can help get themselves there.

How to apply?

Applications open on 4th March 2024. Visit our website <https://www.etrust.org.uk/insight-into-university> or scan the QR code to register your interest!

Cost: £95

Fully funded places are available if cost is a barrier, please indicate your interest on the application form



What our students say

"I've absolutely loved every minute of this course. I found the live sessions in particular very inspiring and informative, and all of the taster lectures were both accessible and challenging. I'm really excited to continue with my STEM studies."

"This course absolutely helped me with my future education and career path. The way I was able to choose which activities or lectures I wanted to complete was undeniably useful as it meant I could tailor a course to suit me. This was a thoroughly enjoyable experience."

"I really enjoyed the course and feel much more confident in applying to university having done it. The live sessions were very interesting and I was blown away by the wide range of choice of sessions."

92% of students felt that the skills and knowledge that they gained from the course will have a positive impact on their future studies and career.

86% of students felt confident or very confident in making their future study and career choices after completing the virtual experience.

NHS apprenticeship ‘truly changed my life’

A former greengrocer has described how an NHS apprenticeship “truly changed” his life and set him on the path to becoming a nurse.

Steven Jewell, aged 42, who left school at 15 with no qualifications, told how he recently completed the registered nursing degree apprenticeship and now works at Lancashire and South Cumbria NHS Foundation Trust.

After a range of jobs, including owning a greengrocer shop, he changed careers and joined the NHS as a healthcare support worker, before starting his apprenticeship.



The NHS is the nation’s biggest trainer of apprentices, with more than 20,000 starting last year.

Apprentices are a crucial part of the NHS Long Term Workforce Plan and NHS England aims to triple the number being trained by 2030, so they make up more than one in five new recruits.

Steven said: “Without the apprenticeship, I would never have been able to go to university or be in the position I am today. At nearly 40, being afforded the opportunity to earn a salary while taking a degree level course with blended work-placed learning, truly changed my life.

“The apprentice route has enabled me to go from greengrocer to registered mental health nurse in just over four years. I am now in a job I love, helping other people, as well as changing my life for the better. Don’t ever think you are too old or not smart enough. Apprenticeships provide all of us with equal opportunities to our peers, and enable us to change course in life – we just have to want it.”

Apprenticeships offer routes into many of the more than 350 NHS careers, meaning people can “earn while they learn” – working for their local NHS, but without having to go to university first.

This includes a range of higher or degree apprenticeships (equivalent to foundation, full bachelor’s or master’s degrees), including nursing.

And the medical doctor degree apprenticeship pilot, due to be launched this year, is the first of its kind in the world and an important step forward in helping to attract a wider range of candidates to medicine. It will initially be delivered with three higher education institutes.

[NHS apprenticeships](#) also include a variety of entry-level roles including support staff – helping employers attract talent from local communities and ensuring people from all backgrounds get the chance to pursue a rewarding career.

With the increased focus on data and move to electronic patient records there is also a focus on digital apprenticeships to attract new talent into tech roles in the NHS, with opportunities ranging from [data technician](#) to [artificial intelligence data specialist](#).

Professor Mark Radford, director of long term workforce plan delivery and education, and deputy chief nursing officer at NHS England, said: “Apprenticeships are a fantastic tool, not only to attract new talent to the NHS but also to develop the skills of the existing workforce.

“Working with UCAS, from 2025 young people will also be able to apply for apprenticeships at the same time as traditional degree programmes.”

Health minister Andrew Stephenson said, “I am delighted to see the NHS has emerged as the country’s top trainer of apprentices – with over 20,000 starting last year – showing just how many people continue to value a career in the health service.

“Apprentices are an integral part of the NHS’ Long Term Workforce Plan. We’re committed to boosting training for clinical staff through apprenticeships over the coming years, as we continue to deliver long term change for a brighter future.

“The introduction of the groundbreaking Medical Doctor Degree Apprenticeship will further widen participation from under-represented backgrounds — inspiring more people to pursue their dreams while allowing them to earn while they learn.”

Minister for skills, apprenticeships and higher education Robert Halfon said: “The NHS serves the nation’s health needs every single day and apprenticeships are a crucial way for the health service to get the staff it vitally needs. NHS England is one of our Top 100 apprentice employers and embraces both apprenticeships and T Levels as great ways to get skilled healthcare workers.

“Apprenticeships are crucial to giving people from all backgrounds the chance to climb the ladder of opportunity and it’s fantastic news that they plan to recruit one in five of their employees as apprentices by 2030.”

In the company of...
SOLVERS

 **AtkinsRéalis**



AtkinsRéalis virtual work experience

Are your students interested in engineering, design or project management? Let them step into the world of AtkinsRéalis through this WEX programme to discover the early careers options available to them!

AtkinsRéalis is a world-leading design, engineering and project management organisation that connects people, data and technology to transform the world's infrastructure and energy systems.

In this virtual work experience programme, your students aged 13+ will enter the world of AtkinsRéalis and discover what life could look like with a career in consultancy, transportation, infrastructure, aerospace, technology and much more.

With modules on 'Building a better world', 'Sustainability' and 'Energy and clean power', students will explore the early careers options available to them whilst completing activities and quizzes to test their knowledge.

The programme allows students to gain a true understanding of the company, as well as hearing first hand from employees what it is like to work for AtkinsRéalis, projects they have worked on and why they decided on a career with AtkinsRéalis.

The programme can be completed in the students' own time. The programme's content takes approximately 10 hours to complete and upon completion the student will receive a certificate.

All that is required is access to a laptop, the programme is free and you can request IT support from the provider Springpod if needed.

Learning outcomes

- Improve engagement, interest or enjoyment in STEM subjects
- Learning what the engineering workplace is like
- Improve awareness and aspirations for STEM-related study and careers
- Challenge stereotypes by showing the diversity of disciplines, people and skills involved in engineering

Contact Miss Berry for more details: pberry@parklandsacademy.co.uk

APPRENTICESHIPS LINKED TO MODERN FOREIGN LANGUAGES

- AIR TRAFFIC CONTROLLER
- AVIATION OPERATIONS
MANAGER
- CABIN CREW
- INTELLIGENCE ANALYST
- INTERNATIONAL FREIGHT
FORWARDING SPECIALIST
- JOURNALIST
- MARINE PILOT
- TEACHER
- TRANSPORT PLANNER
- TRAVEL CONSULTANT
- AND MANY MORE!

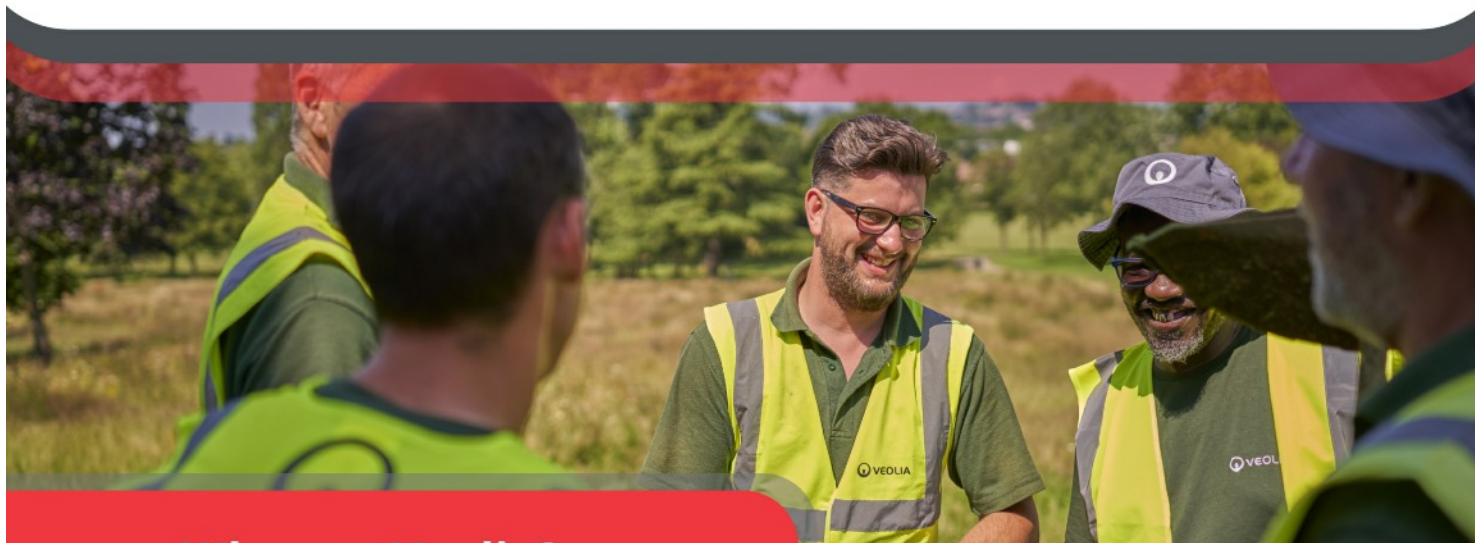


Interested in apprenticeships, but
not sure what to do next? Take a
look at our 'What Now?' guide...
www.amazingapprenticeships.com

SCAN ME




Amazing
Apprenticeships



Who are Veolia?

Veolia are a global leader in environmental solutions. With a commitment to sustainability and innovation, Veolia provides essential services to communities and industries worldwide, helping them address complex environmental challenges whilst promoting a more sustainable future.



"An apprenticeship is a great way to get ahead in the world of work. You are a valuable member of a team and share expertise on tasks, with the chance to frequently ask questions and expand your knowledge."

- Preston Calvert

Opportunities with Veolia



 Competitive

 Various Locations

 Various Levels

Veolia have a great variety of Apprenticeship and Trainee programmes available. From just starting out your career to advancing your current skills, you'll join a culture of learning and inclusivity, ensuring you make the most out of your career.

[SEE ALL ROLES](#)

Are you someone who likes to get hands on?

These roles could be perfect for you...

Trainee Chemist.

 Competitive  Various Locations  Trainee

[APPLY NOW](#)

HGV Maintenance Technician Apprenticeship.

 Competitive  Various Locations  Level 3

[APPLY NOW](#)

As an Apprentice at Veolia, you will get...



Inclusive work culture



Competitive salary



First class training

and so much more...



ARMY
BE THE BEST

“If you’re thinking of joining up, here’s my advice: **be proud of yourself as a woman.** Don’t put yourself down, just give the work your all – that’s all anyone wants of you. Always keep your head held high and believe in yourself.”



MEET

STAFF SERGEANT JODIE HARTHILL

Royal Artillery

Staff Sergeant Jodie Harthill joined the Army to make her own way in life. She wanted financial freedom, an exciting career full of opportunities, and lots of friends. She’d always been in the Scouts, so she knew she wanted to be part of a team. The Army was the perfect fit.

**SCAN THE QR CODE TO DISCOVER OUR OPPORTUNITIES
AND LEARN ABOUT LIFE IN THE ARMY**



WIGAN WARRIORS COLLEGE **OPEN EVENING**

RECRUITMENT FOR SEPTEMBER 2024

**TUESDAY 19th MARCH
AT ROBIN PARK ARENA
4.00PM - 8.00PM**

(APPOINTMENT TIME REQUIRED)

BOOK YOUR APPOINTMENT

education@wiganwarriors.com | 01942 762888





Parklands High School becomes one of the first OxBright Partner Schools!

Parklands High School has become one of the first schools to become an OxBright Partner School. Miss Berry has arranged for the school to join a select number of schools around the world.

OxBright's mission is to inspire students to succeed, find their purpose and make a difference in the world, and they partner with leading schools who share those values. You can find out more about their popular research internships and resources on their website here: <https://www.oxbright.org/>

As an OxBright Partner School, Parklands High School students can now benefit from:

- A unique 15% discount on OxBright programmes with the code PARKLANDS-15
- Access for disadvantaged students to their scholarship programme, OxBright Scholars
- University and careers webinars for students and parents
- Access to the free OxBright Career Test (<https://www.oxbright.org/resources/career-test/>), a hyper-personalised career exploration tool for students aged 15-18

Parklands High School's commitment to excellence, multi-cultural inclusion, and ambition makes this partnership a wonderful fit, and OxBright looks forward to supporting Parklands High School students with their university and career exploration.

If you have any questions about OxBright, you can speak with Miss Berry or contact the OxBright team.



Help your students get the edge for their future



**Oxford Summer
Schools**
for 12-18 year olds



**Online
Internships**
for 15-18 year olds



Online Courses
for 12-18 year olds

www.oxbright.org
hello@oxbright.org



Student Scholarship Opportunities

What programmes do OxBright offer?

At [OxBright](#), we run transformative online Courses and Internships in a range of academic subjects, as well as a thriving scholarship programme for students from less advantaged backgrounds.

Our sister organisation, the [Oxford Scholastica Academy](#), runs in-person summer programmes, combining university-style teaching with academic challenges, Masterclasses, and cultural adventures.

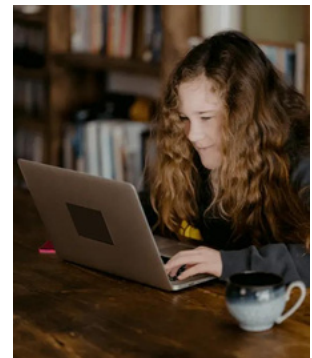
Your students get 15% off these programmes using the code: PARKLANDS-15

Online Courses

Our live [Online Courses](#) offer students aged 12-18 the unique opportunity to get a head start on their futures. They'll study in live online sessions with an expert tutor and be part of a small group of future-focused students from around the world.

At the end of your online course, they'll receive a Certificate and a personalised Letter of Recommendation to put them on the path to future success.

Students can watch our introduction video to Online Courses [here](#).



Internships



During our [Online Internships](#), students aged 15-18 will work on a real-life project in a subject of their interest, gain valuable experience for university and job applications, and get more clarity about their future direction.

At the end of their online internship, they'll receive a Certificate, a personalised Letter of Recommendation, and work samples for their portfolio.

Students can watch our introduction video to Online Internships [here](#).

Oxford Scholastica Academy Summer School

Based in the famous university city of Oxford, our summer school runs courses for two age groups: 12-14 and 15-18. Our [Oxford Summer Courses](#) give students from around the world the opportunity to explore a subject of interest in a small-class setting with tutorial-style teaching.

By attending our summer programme, they'll get to experience the history, culture, and architecture of the city while studying on one of our transformational, future-focused courses.

Students can watch our introduction video to Oxford Summer Courses [here](#).



Student Scholarship Opportunities

What Scholarships are available?

We are keen that as many students as possible are able to attend OxBright, no matter what their financial circumstances, as part of our commitment to provide 10,000 hours of support for our scholars over the next three years.

We do this through our OxBright Scholars programme.

What are our Scholarship criteria?

Students must meet one or more of the following criteria (if your school is an international school then you should meet the equivalent criteria in your country):

- Aged 15-18 years old
- In receipt of a UK Government 16 to 19 Bursary, or equivalent
- Part of the UK's Pupil Premium Scheme
- Receiving free school meals, or have received them in the past five years
- Are or have ever been a Young Carer
- Are or have been in care
- In receipt of a school bursary

What is OxBright Scholars?

[OxBright Scholars](#) is an ongoing programme of support. Mentored by an expert in the subject, students will experience weekly live Tutorials, giving them the chance to discuss topics they don't cover at school, ask questions and gain insights into the skills leading universities value most.

OxBright Scholars is designed to support students over the long term, giving them the skills, experience and knowledge they need for their future success. We're very proud of the impact this long-term support can have on disadvantaged students.

Students can watch our introduction video to OxBright Scholars [here](#).



How can I nominate a student for an OxBright Scholarship?

If you have a student who meets the scholarship criteria outline above, and would like to be considered for an OxBright scholarship, you can nominate them through the [New Scholar Nomination Form](#).

We'll then ask your scholars to fill in a brief registration form to get them onboarded. Once they're registered, we'll match them with a mentor in their subject of interest.



Work experience is a crucial aspect of a student's journey into a medical career. Not only is it beneficial to observe doctors or dentists in action but what sets someone apart is truly understanding their roles, decision-making processes, and the dynamics of working within a multidisciplinary team.

I'm excited to share the new rotation of our Virtual Work Experience (WEX) is now available. This month, your students have the opportunity to delve into Obstetrics & Gynaecology or Paediatric & Dental Surgery, gaining invaluable insights into these specialised fields. The medical programme spans over 6 months, while the dental is 4 months, offering a wide range of specialties for them to explore.

More details can be found here:

<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

To ensure your students don't miss out on this fantastic opportunity, they need to attend our upcoming Get Into Medicine or Get Into Dentistry conference, granting them IMMEDIATE ACCESS to the Virtual Work Experience programmes.

Students and parents can register for free at these links:

Medical: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dental: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBAC19kE>

If your students haven't attended a Get Into Conference but would like to join the Virtual Work Experience, they can sign up for the next upcoming conferences on these dates:

For aspiring Doctors: FREE LIVE VIRTUAL Get Into Medicine conference dates:

- Saturday 9th March from 9:30am - 3:30pm
- Sunday 17th March from 9:30am - 3:30pm
- Sunday 24th March from 9:30am - 3:30pm

For aspiring Dentists: FREE LIVE VIRTUAL Get Into Dentistry conference date:

- Saturday 23rd March from 9:30am - 3:30pm

Throughout these conferences, students will have the opportunity to interact directly with doctors, dentists, and medical and dental students. They'll gain critical information on deciding if a career in dentistry or medicine is for them and how to make a competitive application to study at university.

Students aged 14 - 18 are invited to attend with a parent or guardian, equipped with a working camera and microphone.

Medical Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dental Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBAC19kE>



ALLIED
HEALTHCARE
MENTOR



VIRTUAL NHS HEALTHCARE CAREERS **WORK EXPERIENCE PROGRAMME**

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Podiatry
- Speech and Language Therapy
- Pharmacy
- Osteopath
- Prosthetics and Orthotics

WWW.ALLIEDHEALTHMENTOR.ORG



ALLIED
HEALTHCARE
MENTOR



CAREER *of the* WEEK

Personal trainer

Personal trainers help others to achieve their fitness goals. It's an ideal career for anyone who is passionate about staying healthy.

As a personal trainer, you'll create one-on-one fitness programmes for your clients, motivating and guiding them to achieve their goals.

Clients may wish to lose weight or gain muscle and you'll teach and help them to exercise properly using appropriate workouts and plans. You'll instruct and advise clients, using a range of fitness equipment including fitness machines and weights.

Similar roles include fitness instructor and gym instructor, but a personal trainer holds more fitness qualifications, meaning they're able to provide clients with tailored health and exercise advice. It's not uncommon for those new to the industry to train as a fitness or gym instructor first before qualifying as a personal trainer.

You'll work in a gym or a similar setting but can take sessions outdoors or to other venues.

Responsibilities

In the role of personal trainer, you'll need to:

- conduct fitness assessments to establish client fitness and skill level
- hold one-on-one small-group personal training sessions with clients
- identify goals and create tailored exercise plans
- monitor your clients' progress
- guide clients on health and lifestyle changes and pass on government-backed nutrition advice
- educate and advise clients to maintain or reach their fitness and health goals
- keep up to date with the latest personal training techniques and best practise
- help clients with their workouts
- create and maintain positive, professional and trusting relationships with clients
- provide innovative and challenging exercises to keep clients engaged and motivated
- proactively seek and provide feedback in a manner which suits each individual client
- assist with membership retention strategies for existing clients
- accurately record your clients' training sessions and track relevant paperwork
- communicate with clients in a professional and courteous manner
- act as a positive role model for all clients
- make the best of the environment in which clients are exercising
- analyse information relating to individual clients
- market your business to increase your client base
- maintain an online presence through your personal website, blog and social media



[Find out more here](#)