The podcast that is helping you up to whoever you want to be, whatever you want to do and wherever you want to go!

The HY Up Podcast is a series of interviews that captures the stories of inspiring people from all walks of life. These light hearted conversations are with role models who are just like you! Hosted by Ellie Long, each episode focuses on a different guest discussing how they got to where they are, lessons they have learnt, the tricky decisions they have made and how you can follow a career like them. We are here to help you up to whatever you choose to do and show there is no one route to a successful career.
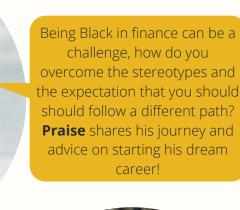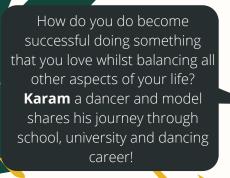
Vitoria shares her experiences of funding her own University tuition fees, tells us why Maths is such a brilliant subject to study and why you shouldn't let your background hold you back!

What do you talk about?

Everything! Nothing is off topic, and we want to talk about everything early careers, from apprenticeships and going off to Uni, to breaking stereotypes around certain roles and careers. Our first 6 episodes focus on being Black in finance, degree apprenticeships, women in science and engineering, setting up an Etsy business, going to Uni, and wellbeing. We've got topics such as being a young parent, being LGBT+ in Law and breaking cultural barriers lined up for later this year. If there is a topic you'd like to hear about, send us a message, we love to hear from our listeners!

Thinking of a degree apprenticeship? **Charlotte** busts all the myths surrounding being a women in engineering, and gives us the real answers to our questions around studying for a degree whilst working!

How do I listen?

You can listen on all your usual podcast channels including Apple Podcasts and Spotify.

Being Black in finance can be a challenge, how do you overcome the stereotypes and the expectation that you should should follow a different path? **Praise** shares his journey and advice on starting his dream career!

How do you do become successful doing something that you love whilst balancing all other aspects of your life? **Karam** a dancer and model shares his journey through school, university and dancing career!

HY-UP PODCAST

The image of success is not just a suit! **Jamilah** wants to change the perception that we all have to achieve the same thing. In this episode we talk all things apprenticeships, career goals and motivating yourself!

Follow us on social media @HYUP.PODCAST for all the latest