



# • **ican...** **ASK IT** Asking the right people

To make your vision a reality there are two elements you may need the people in your support network to help you with.

The first may be to develop the vision itself.

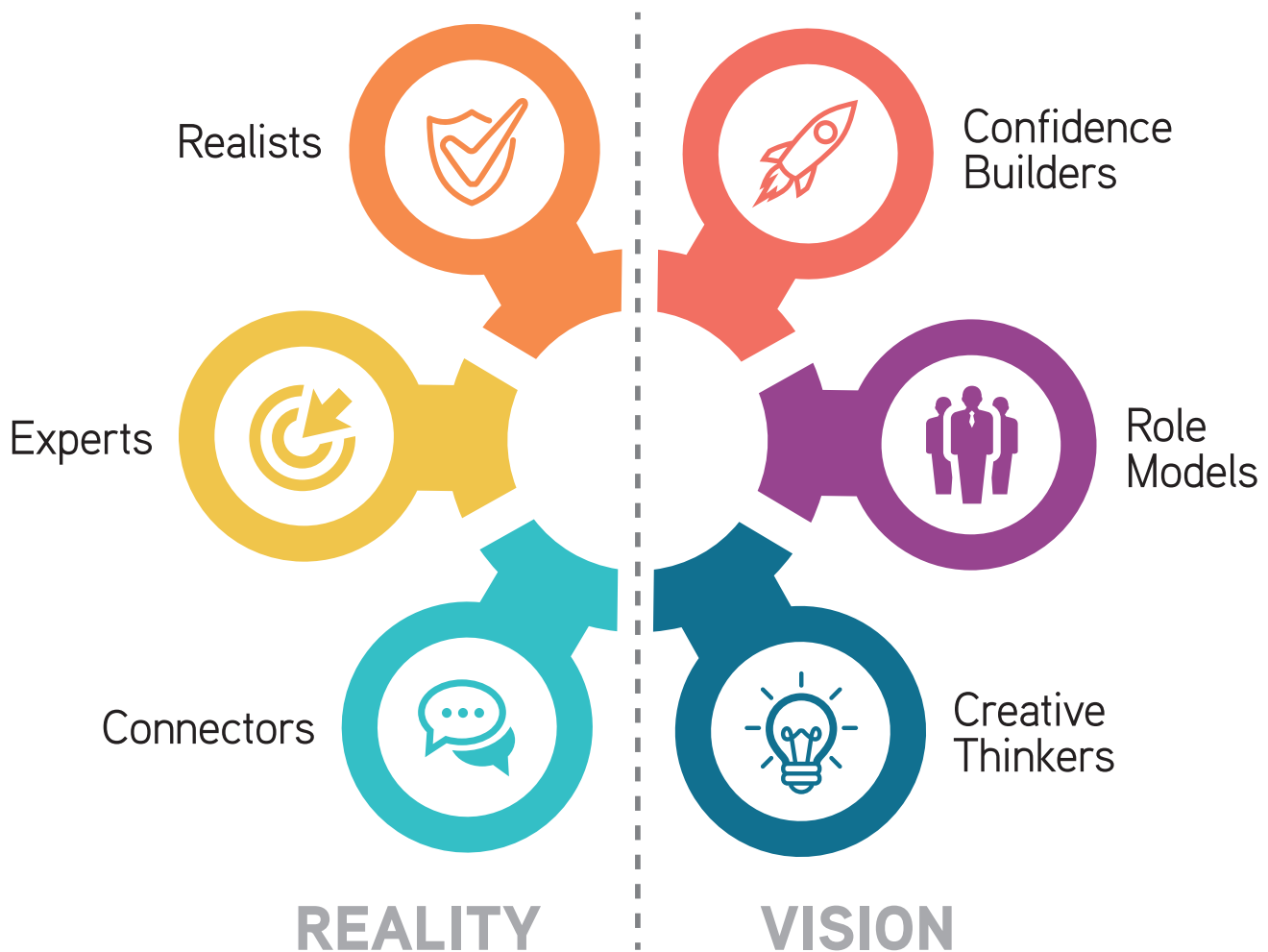
You may feel you are lacking confidence to really believe that you could do what you want to... you may feel you are not clever enough, fit enough, strong enough – there may be barriers that are stopping you being as confident as you could be.

It may be that you can't pinpoint what you want to do and your vision itself needs some work. You need someone who can be creative and come up with some bright ideas to help you or perhaps someone who could act as a role model so you could learn more about what they have done and how you could learn more from them.

The second element you may need your support network to help you with is making your vision real. Here you may need someone who can challenge you and give some practical solutions to the problems you have. You may need help from someone who can connect you with an expert in the field of work or learning you are interested in but again you do not know who to ask.

The circle of support you have around you all have an incredible mix of different skills, knowledge, strengths and expertise to help.

# MAXIMISING MY CIRCLE OF SUPPORT



## **REALISTS**

Providing challenge and realism, keeping your feet on the ground, assessing risks and consequences and giving practical solutions and alternatives.

## **EXPERTS**

Specialist knowledge of, or skill in, your area of interest, offering market intelligence, advice, guidance, coaching, training or support.

## **CONNECTORS**

People who are well connected, that open doors, make connections and link you with opportunities and experiences that help achieve your vision.

## **CONFIDENCE BUILDERS**

Positive, encouraging and caring people who believe in you, build hope and help boost your wellbeing and resilience when times get tough.

## **ROLE MODELS**

People in roles you would love to be in, people with shared experiences or people displaying positive behaviours and values you can learn from.

## **CREATIVE THINKERS**

People great at generating bigger and bolder ideas, imagining new possibilities, providing fresh perspectives and thinking outside the box.

Take a look at the types of support below and consider what type of support do I need now? Then ask yourself who in my circle of support could help me with this?

Take a look at the people you listed in the Reach it session and make a note of those who you feel have the particular skills, expertise or knowledge to help you with what you need.

Remember if there isn't anybody obvious to help consider asking those people you do know if they know of anyone who can help you. Getting a referral for help can be just as good and usually there is always someone out there willing to help if you only just asked them.

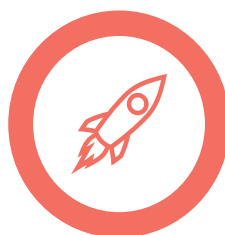
## THE SUPPORT I NEED

### REALISTS



- Overcoming personal obstacles
- Setting realistic goals and plans
- Gaining meaningful experiences
- Making the most of opportunities
- Developing Plan Bs

### CONFIDENCE BUILDERS



- Believe in myself
- Identify my strengths
- Develop a positive attitude
- Take control and stay motivated
- Build my resilience to keep going

### EXPERTS



- Knowing the skills employers need
- Seeking advice, guidance or counselling
- Enhancing my skills and qualifications
- Tailoring my CV or personal statement
- Preparing for interviews

### ROLE MODELS



- Be inspired
- Learn more from their experiences
- Find out more about my ideal job
- Start my own business
- Make a difference in my community

### CONNECTORS



- Meeting new people
- Getting involved in clubs and groups
- Exploring new places, projects and possibilities
- Volunteering in my local community Growing my support network

### CREATIVE THINKERS



- Creating a clear vision
- Connecting my skills and passions
- Thinking outside the box
- Generating bigger and bolder ideas
- Combining working, learning, playing and giving

Finally consider how am I going to get them to help me and what questions do I need to ask them?

Think about how you are going to approach the person. If it is someone you know well this may not be so crucial but if you don't know them too well you may need to plan how best to introduce yourself, make initial contact and reach out. Is this best being done face to face, email, twitter, linked-in or phone? What do you feel would work best? Consider when you are going to do this, how urgent is it?

Think again about asking someone you know well and trust for some help with this.

Having identified the person you may wish to talk and the help you may need from them, it can then sometimes be difficult to know just what to say to them. Sometimes you can trip yourself up by not thinking about what you want to learn from them in advance and what you want the purpose of the conversation to be.

Having a plan of what you want to say when you get the chance to talk can help you make the most of your discussions.

For example you may have particular questions you want to ask about going on to study further at college, or University or you may wish to know more about a work role or sector. The following Creative Conversations for Working and for Learning may help you plan the questions you want to ask.

# CREATIVE WORKING CONVERSATIONS



How did you become a...?

Explore skills, qualifications and experiences required for their role.



What do you love most and least about your role?

Check whether this matches your skills, passions and values.



What opportunities and challenges do you see in the future?

Assessing the opportunities and potential risks for your chosen area.



What kinds of skills and expertise will be needed as a result?

Identify where your skills can add value and any areas for development.



Can you suggest anybody else I can speak to about...?

Try to get 2 or 3 names and their contact details. Ask for a referral.



If you were to give me one piece of advice, what would it be?

Always remember to say thank you and ask whether they mind keeping in contact. Follow-up with a hand written thank you card

# CREATIVE LEARNING CONVERSATIONS



What have other people who have done this course gone on to do after they have finished?

Explore further learning and work options beyond this



What are the most exciting and interesting elements of this course?

Check whether this matches your skills, passions, and values



What will I see as the main differences between studying at school and studying at college?

Assessing the differences between learning in a school and a college environment and what that will mean for you



What skills and expertise will I have gained when I finish this qualification?

Understanding how this enables you to take your next steps towards making your vision a reality



Can you suggest anybody else I can speak to about...?

Try to get 2 or 3 names and their contact details. Ask for a referral.



If you were to give me one piece of advice, what would it be?

Always remember to say thank you and ask whether they mind keeping in contact. Follow-up with a hand written thank you card