

Having freedom in your life is scary, paralysing for some because of all that could go wrong. Sure, you may have the potential to do good things but you are aware that you also have the potential to fail, to make really bad choices. Either way, you have no idea what the future will hold and no amount of relentless encouragement and positive thinking stops that being terrifying!

Anxiety is something that most of us experience at some point. Creating some space in the mind allows us to take a break from intense feelings of worry. Even a small amount of time spent resting in a more peaceful state of mind can have a really positive impact.

Inspiration awakens us to new possibilities by allowing us to think beyond our ordinary experiences and limitations. Inspiration can help us move from doing nothing, to doing something and transform the way we perceive our own capabilities.

Not all conversations about your future need to lead to a plan of action, just the act of talking things through can be a real relief and reduce stress.

When you're feeling calm, and a little inspired then it's a good time to research different pathways available to you. It is never a great idea to try and do this if you're feeling anxious as it can be overwhelming and make you feel worse.

THE CAREERS & ENTERPRISE COMPANY

THE ENTERPRISE ADVISER NETWORK

llep
Leicester & Leicestershire
Enterprise Partnership
creating economic prosperity

#VBYF  

2020

has been such an odd year and we wondered if you needed help to take your next steps





stuff to support

'If you're not feeling great'

On the other side of this leaflet there are the steps from anxiety to action – take a minute, read through the information. Does this sound familiar?

See inside this pack for some useful places to listen, speak to or research which may help support you.

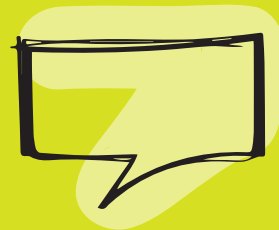


things to inspire

'If you're in need of ideas'

World of Work Guide – packed full of local information this guide breaks down our county's key industries; what these are and what sort of jobs are available.

STEM (Science, Technology, Engineering, Maths) impact us everyday. Ever thought about a career in STEM? Try the STEM in a bag building challenge to inspire your next step.



people to talk to

'when you're ready'

Take a break envelope – take a break from your day, make a cup of tea and sit down with someone for a chat. Inside the envelope is a letter with some points to help guide your conversation.

VIP Voucher to kick start your future now – when you are ready, speak to an expert. It doesn't have to be about a specific career. Just have a chat. They can help steer you and work out what might be a good fit based on what you're interested in and what options there are in the local area.



places to look

'for more of all of the above'

VR Headset – your future is here. Take a walk through different industries or sectors with this gift.

www.pathwaystohe.ac.uk/activities/pathways-virtual-university-experience

Pathways poster – a poster to help you see the different Post-16 options and how they compare to one another.

Here for You Flyer – there are plenty of places offering help, we have listed our key partners working across Leicester and Leicestershire in a handy leaflet. Take a look and see what programmes are available to help you.



some little gifts

'to make you smile'

Clean key – a gift to safely unlock and open doors to your future.
Fidget spinner – a gift to help keep your future moving, keep calm and focus.

Sweets – a gift to help inspire you towards your first million.
Power bank – a gift to recharge.

Phone stand – stay hands free while you listen, chat or research your future.