

HOW TO GUIDE

Inspire The Future Workforce In Just 60 Minutes

Could you open a young person's eyes to a career they never knew existed? Your story, insights and advice could shape their future choices in ways you might not expect. By giving just one hour of your time, you can make a lasting impact.

Engaging with young people isn't just about giving back, it's about shaping the future workforce, encouraging talent and even developing new skills for yourself and your business. Whether you're a business leader, entrepreneur, or professional, your experience and insights can provide students with the guidance and inspiration they need to navigate their career journeys.

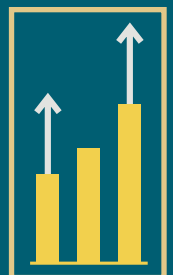
Why Your Hour Matters

86% of employers say that engagement is encouraging young people to take up careers in their sector.

Many young people have limited access to professionals who can help them understand different industries and career paths. Your hour can provide inspiration, boost confidence and open doors to new opportunities. A simple conversation could spark an interest that shapes their future career.

The Benefits

- Help young people expand their career options and develop their aspirations.
- Improve your public speaking, mentorship, and leadership abilities.
- Showcase your company's commitment to social responsibility and talent development.
- Providing opportunities to give back can boost employee satisfaction and engagement.
- Connect with the next generation of employees and industry professionals.



WAYS TO GET INVOLVED

There are many ways to **engage and inspire** young people in just an hour.

Here are some of the ways you can connect with young people to share your expertise in a way to suit your availability and workload:

1. Share Your Career Journey

Speak at an assembly or in a classroom to provide insight into your role, industry and career path. Personal stories make careers feel real and achievable.

- Make your story relatable. Highlight challenges you've overcome and key lessons learned.
- Show students how your skills and interests led you to your current role.
- Keep it engaging by sharing real-world examples of your work.



2. Bring a Subject to Life

Help students see how classroom subjects apply in the working world by sharing industry insights.

- Connect their studies to real-world careers to boost interest and motivation.
- Use practical examples or interactive demonstrations to bring your work to life.
- Encourage students to ask questions and explore different career possibilities.



3. Help with Mock Interviews or CV Workshops

Support students in preparing for the job market by offering practical guidance.

- Provide constructive feedback on CVs and applications.
- Conduct mock interviews to help students build confidence.
- Offer insights on what employers look for in candidates.



4. Speed Networking

Take part in a fast-paced Q&A session, answering students' questions about your career.

- Keep responses clear and relatable to help students connect with your experiences.
- Show the variety of careers available within your industry.
- Help students see different pathways to success.



5. Lead an Enterprise Activity

Encourage problem-solving and creativity through a business challenge.

- Set a task that mirrors real-world challenges in your industry.
- Guide students as they brainstorm and develop solutions.
- Offer feedback and insights on their ideas.



HOW TO PLAN & DELIVER AN IMPACTFUL SESSION

Follow these steps to make the most of your hour...

Before the Session

- Choose your preferred way to contribute and confirm logistics with the school or college.
- Understand your audience. What are their interests and aspirations?
- Prepare a few key talking points, real-world examples and an engaging activity.
- Think about interactive elements – questions, exercises, or visual aids – and be sure to include some **short, bite-sized activities**.

During the Session

- Keep it engaging. Use storytelling and real-life examples that resonate.
- Encourage participation: Ask open-ended questions and invite students to share their thoughts.
- Simplify complex ideas: Relate them to students' everyday lives and aspirations.
- Provide practical takeaways: Give students clear next steps they can act on.

After the Session

- Reflect on what worked well and what could be improved for next time.
- Stay connected: Consider offering follow-up opportunities like mentorship or workplace visits.
- Share your experience: Spread the word and encourage others to take part!

Even if the session is conversational, adding quick activities or mini challenges helps make it more impactful and lasting.

READY TO GET INVOLVED?

Your hour can create a ripple effect, inspiring young people to explore careers they never considered. Imagine the impact if every professional dedicated just one hour to mentoring the next generation. The Give an Hour initiative makes it easy to get involved, choose your format, share your insights and make a difference!

Learn more & sign up: careersandenterprise.co.uk/give-an-hour

Join us in shaping the future workforce, one hour at a time.

