

Supported
Pathways

Supported Pathways Resources

Supported Pathways
into the creative industries



Making it Work
Getting ready for the
world of work

**Inclusion
London**

Supporting London's Deaf and
Disabled People's Organisations



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**ARTS COUNCIL
ENGLAND**

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Wellbeing

Supported Pathways
into the creative industries



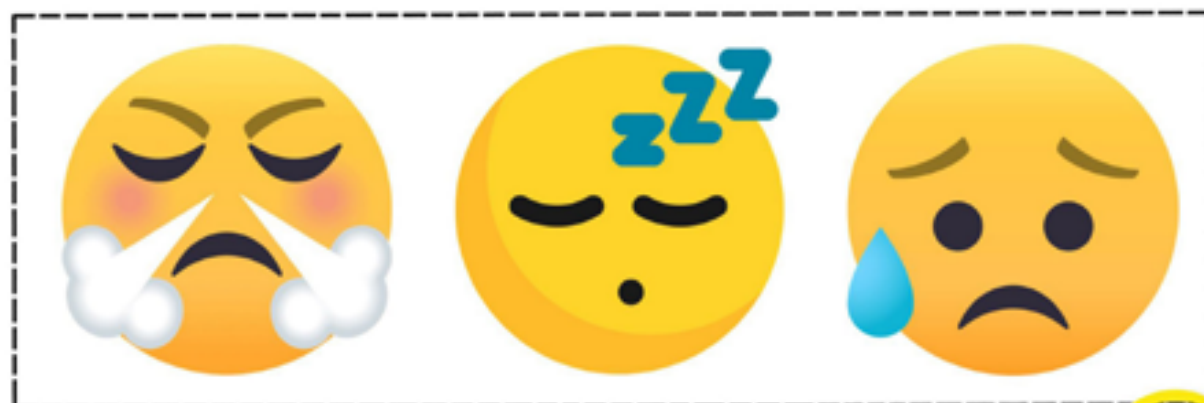
Making it Work
Getting ready for the
world of work

Your wellbeing

Q. How are you feeling these days?

Q. Feeling anxious and fed up?

Q. Can't sleep?



Why not download a free app like [Calm](#)

Not sure how to do this? Talk to your job coach.

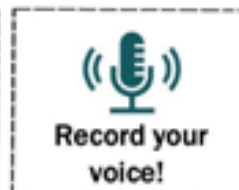
Listen to some calming tracks at night.
Less time online, especially before bed.



Time to Share!
Talk to your job coach!



How are you going to share this ?



Cool calm tunes!

On placement ...



... you met your job coach, made friends and met new people.

Why not make a playlist of cool calm tunes to share with them?

Find ways to introduce each track as if you're on the radio?

Have you tried using [Spotify](#) to create a playlist?



Time to Share!
Talk to your job coach!



Draw it!



Take a photo!



Write it down!



Record your voice!



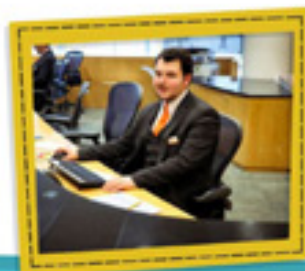
Make a film on your phone!

How are you going to share this ?

Sharing your shifts...

Think about what you did in your placement ...

- Welcoming people to the venue
- Serving food
- Working with technology
- Sorting books and filing
- Showing people where to go



Guide us through your shift or work placement day.



How are you going to share this ?

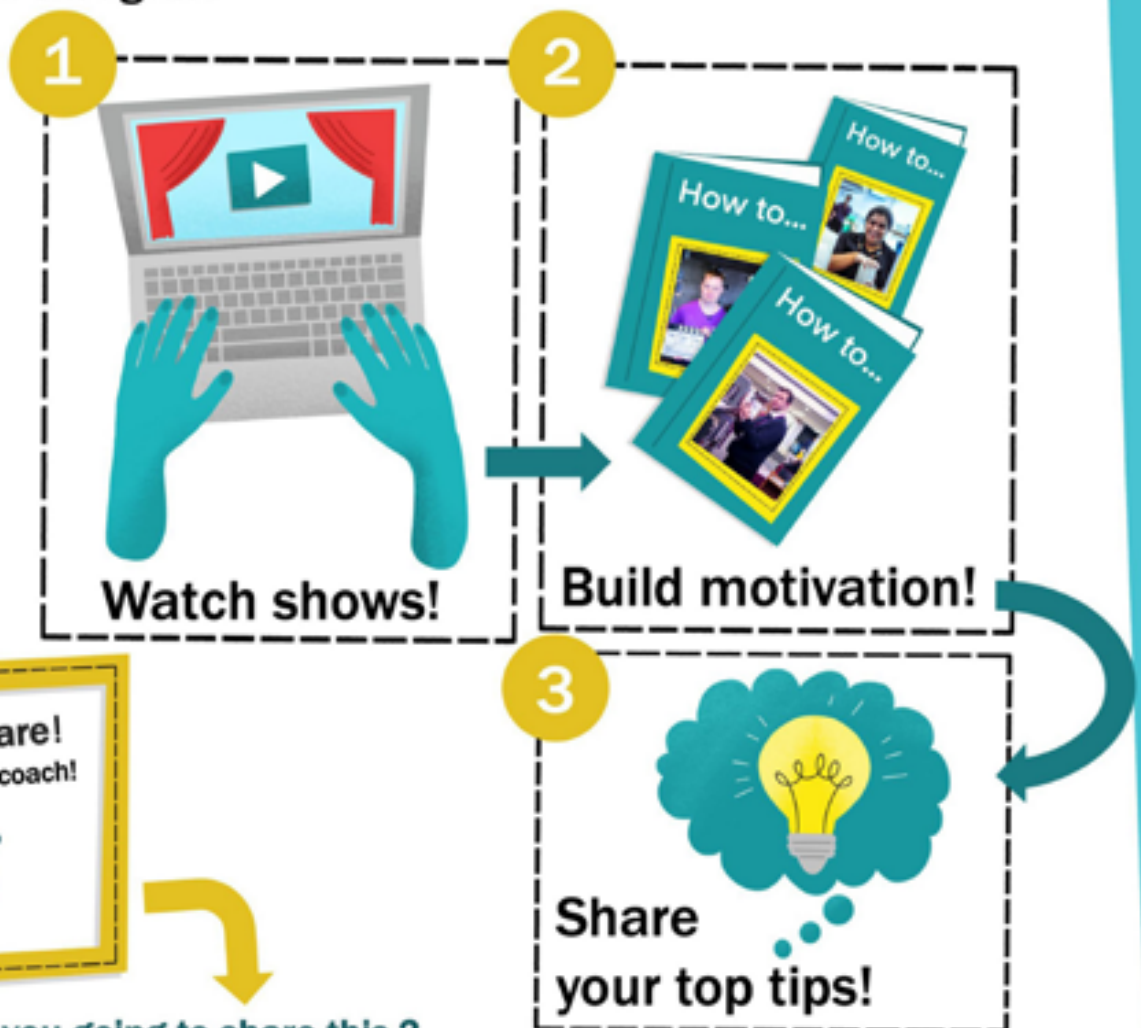


Keep connected!

Showtime!

Watch a play, a dance show, a concert or visit an exhibition. Use the Resources page or visit our Facebook and Instagram pages for more information on what's on.

What did you think about what you watched? If you don't want to write it down, see below to find out other ways you can share your thoughts.



How are you going to share this ?



Time to Share!

We would love to see what you have been up to. Remember, you don't need to do things in just one way - you can share your thoughts in lots of different ways.



Draw it!



Take a photo!



Write it down!



Record your
voice!



Make a film
on your phone!

You can share it with your Job Coach...



by sending a text



by WhatsApp



...uploading to
Facebook or
Instagram

Energy

Mapping

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Energy Highs and Lows

Q. How do you feel when you wake up in the morning?



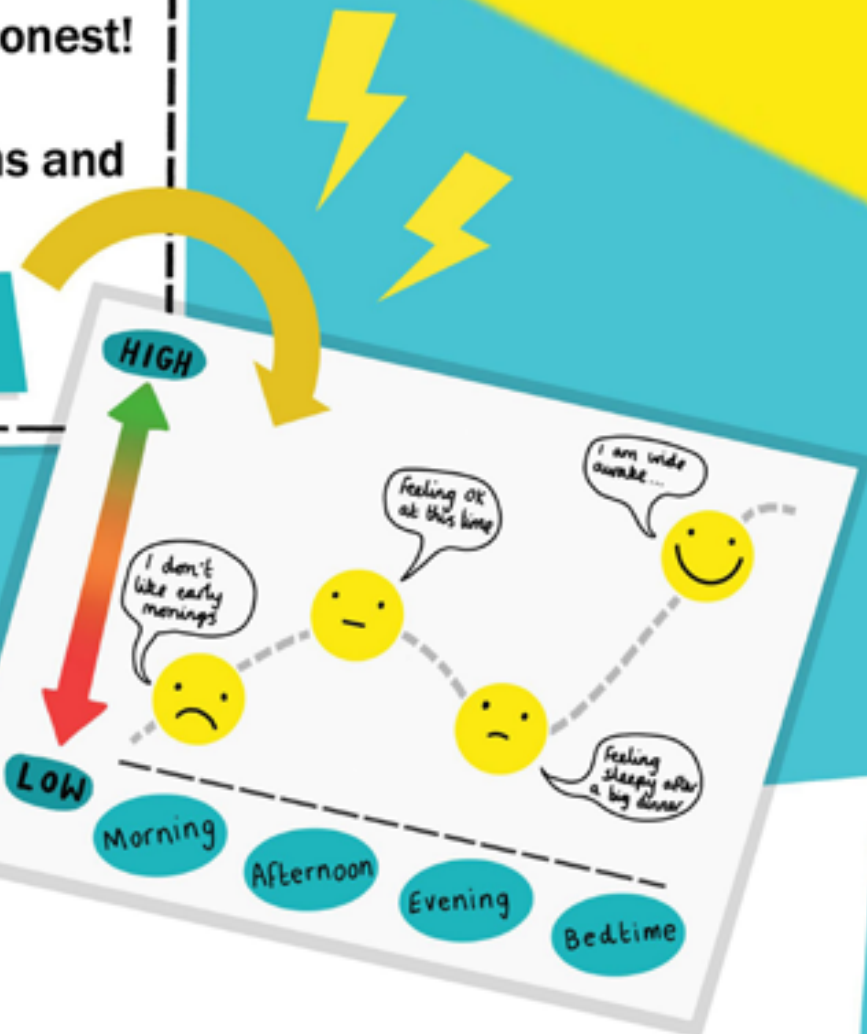
Q. Is it hard to get yourself out of bed?



Draw an energy chart of a typical day now – be honest!

Show your energy highs and lows and why?

How does it look?



Time to Share!
Talk to your job coach!



How are you going to share this ?

Draw it!

Take a photo!


Write it down!


Record your voice!

Make a film on your phone!

Energy for Work

On placement ...

 ... when did you have the most energy?

 ... when did you have low energy?

Think about why that was.



Time to Share!
Talk to your job coach!



How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your voice!



Make a film on your phone!

Build your energy

Think of **5** things to do to build your energy!



Eat something healthy



Set an alarm



Do an online workout



Make a motivational goal



Practice your interview skills -
chatting to your phone
or job coach

Time to Share!
Talk to your job coach!



Add your own ideas to your energy map.

Feel your work energy build
and your motivation!

How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your
voice!



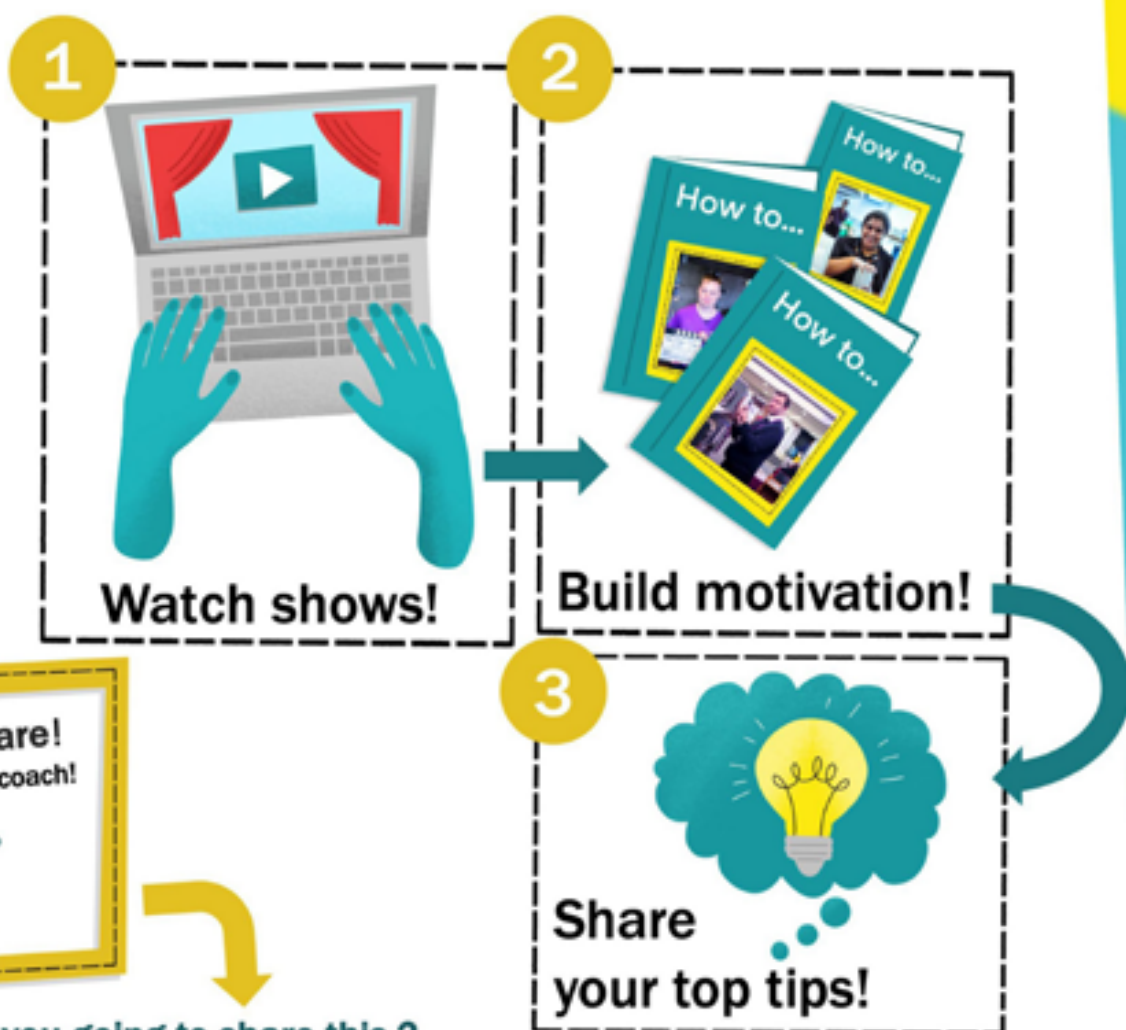
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Did what you watch give you energy? Share your thoughts.



Time to Share!
Talk to your job coach!



How are you going to share this ?



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by sending a text



by WhatsApp



...uploading to
Facebook or
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Your Skills

Now!

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Where are you now?

Q. How did you feel when you started the employability skills sessions?

Q. How did you feel when you started your first placement?

Q. How did you feel when you started your second placement?



Time to Share!
Talk to your job coach!



Which emojis feel right?

How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your
voice!



Make a film
on your phone!

On Placement

Think about a time...



...when things went well?



...when things didn't go so well?



Find a way to share what happened and what you did.



Time to Share!
Talk to your job coach!



How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your voice!



Make a film on your phone!

What skills can you offer an employer?

Find a magazine or newspaper and make a 'Can-Do' collage – fill it with:

1. All the things you can do – the skills you have.
2. Other skills you need to do the job you want.

Check out the list [here](#) of the skills you need to be an Usher. Use it to help you think about the skills you need for the job you want. Can't make a collage? See below for other ways to share your thoughts.



Time to Share!
Talk to your job coach!



How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your voice!



Make a film on your phone!

What can you do now?

Keeping Positive

Your friend on the Supported Pathways programme isn't feeling positive. What would you say to them?

Try again!

Be Confident

You can do it!



When you are down, what would you like a friend to say to you?

.....
.....
.....
.....
.....
.....

Time to Share!
Talk to your job coach!



How are you going to share this ?



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Write it down!



Record your voice!



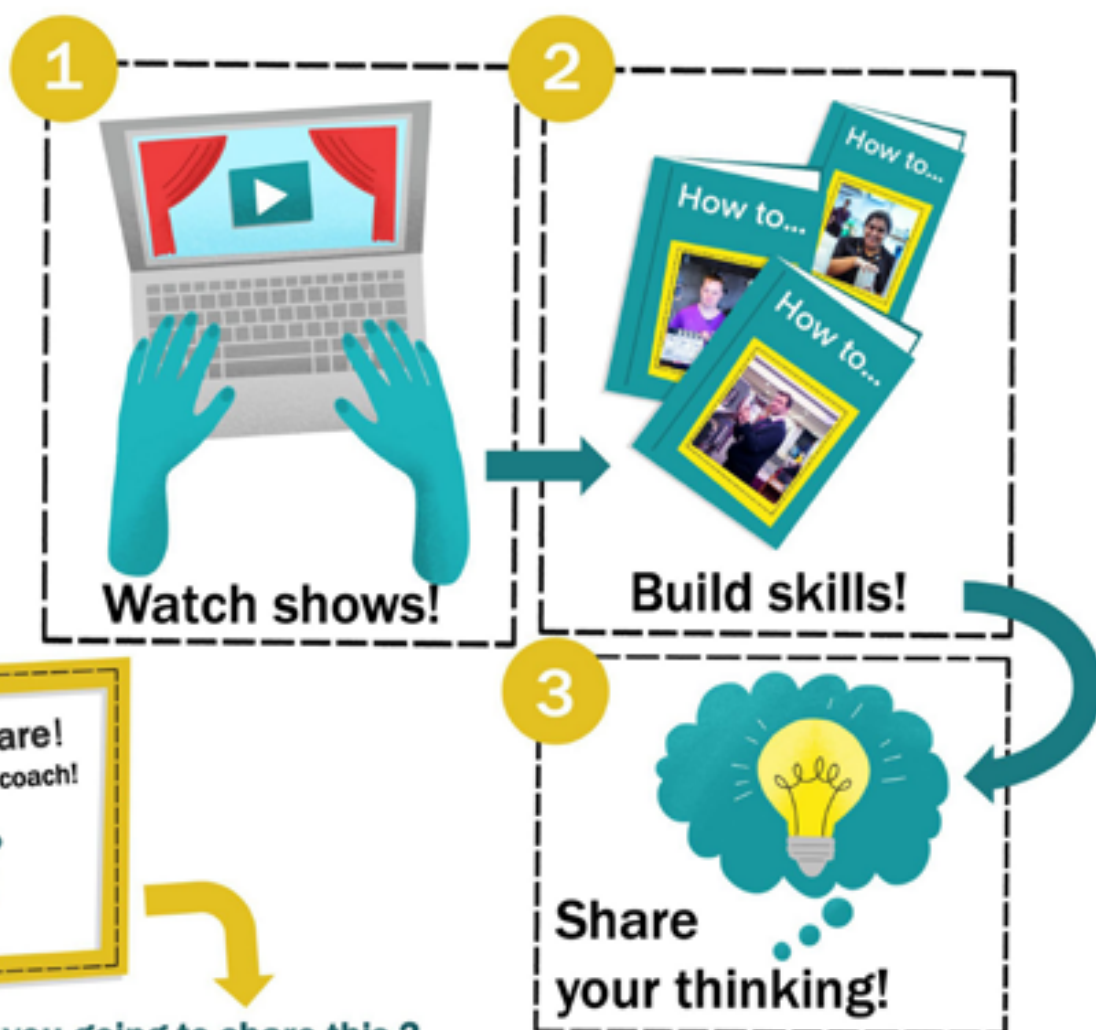
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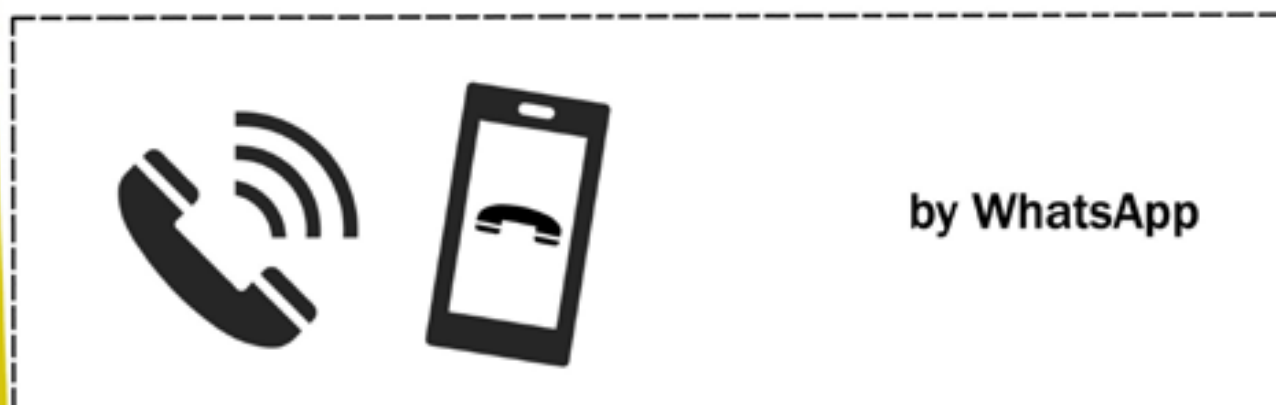


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You can share it with your Job Coach...



Skill

Builders

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Skill Builders

Q. What skills did you build on placement? Doing what?

Q. Are you using these skills now?

Q. How?



Have a go at keeping these skills fresh !

Cooking at home, welcoming, sharing, sorting your room, sorting your files on the computer....



Time to Share!
Talk to your job coach!



How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your voice!



Make a film on your phone!

On show!

Q. How did you dress on placement?

Smart

or

Casual



How do you think you should dress for an interview?

Draw or make a collage using magazines.

Time to Share!
Talk to your job coach!



How are you going to share this ?



Draw it!



Take a photo!



Write it down!



Record your voice!



Make a film on your phone!

Sharing your Skills!

Using the skills you have for the job you want!

Think of the skills and behaviours that make you ready for work. Can you share these?

Make a list of what will make you ready for work!

Share with your Job Coach.



Time to Share!
Talk to your job coach!



How are you going to share this ?

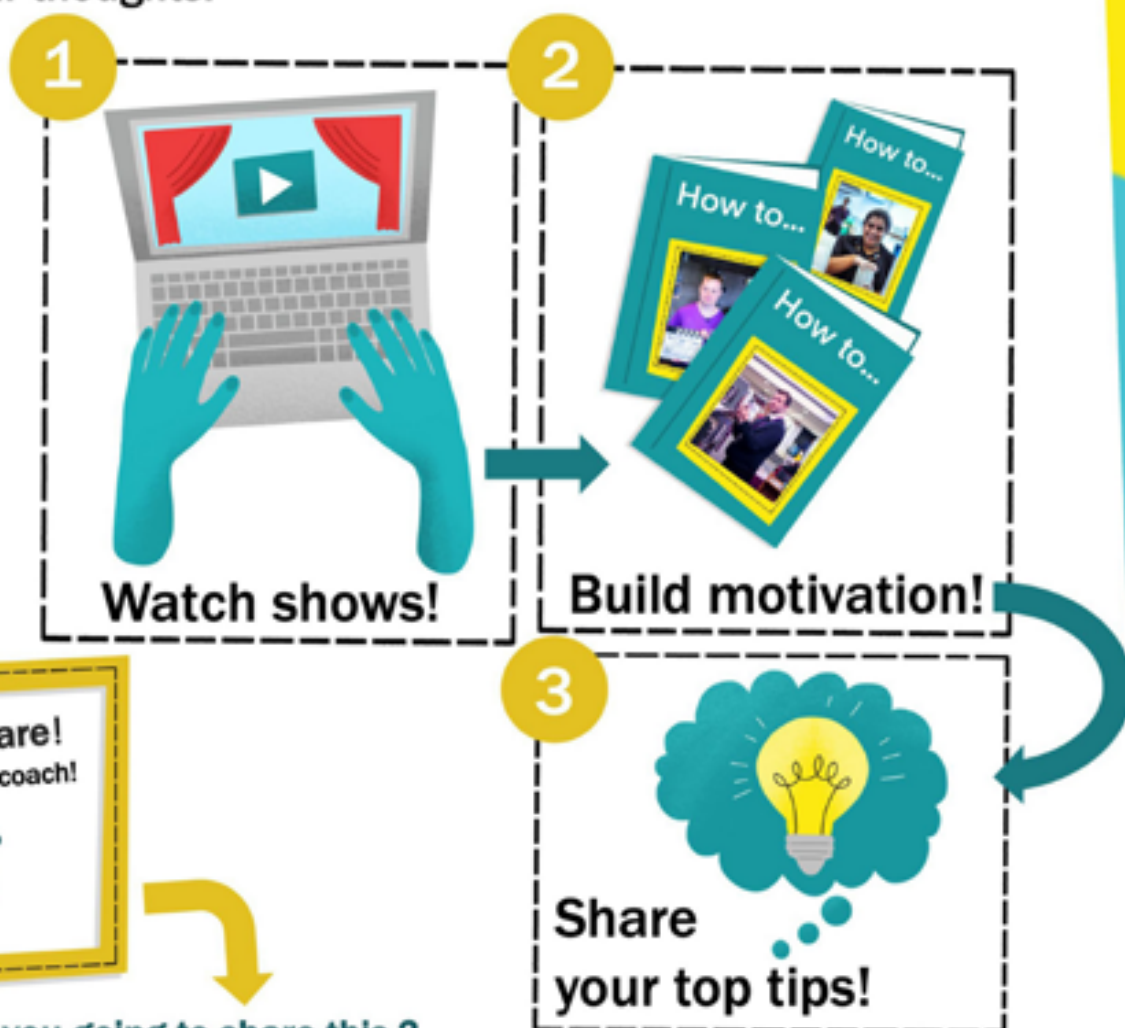


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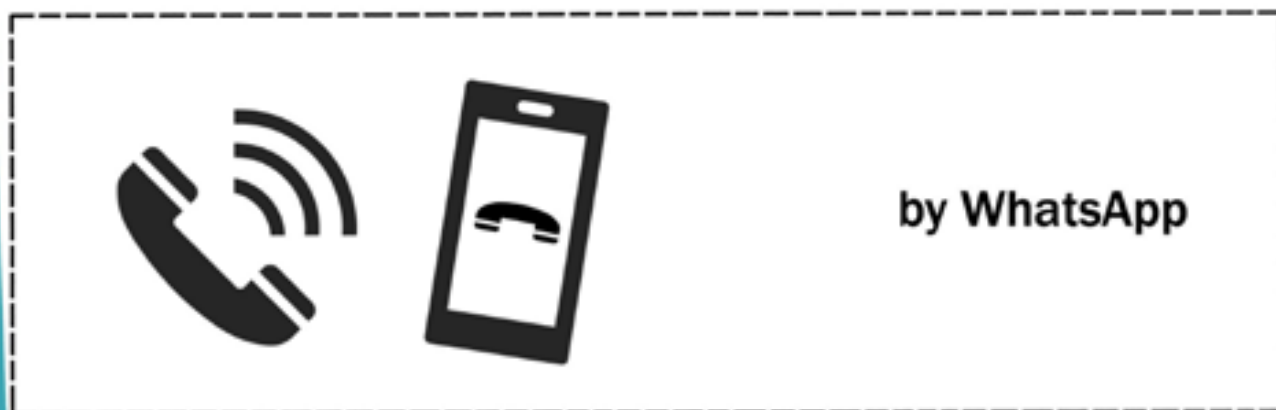


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Your Notes!

Please add more pages, as needed!