
PREPARING FOR WORK

WORK PLACEMENTS - GETTING INTO WORK WITH LITTLE OR NO EXPERIENCE



Work experience, work placements and volunteering can be a vital stepping stone for those with convictions looking to return to work. They offer invaluable skills, boost confidence and create networking opportunities. By participating, you are offering proof of your work ethic and willingness to learn, making you a more attractive candidate for any existing or future job opportunities.

Skills

One big advantage of work experience or volunteering is the opportunity to acquire new skills. Many industries require specific skills that you may not have had the chance to develop before. Employers value candidates who demonstrate a willingness to learn and adapt, which can set you apart in a competitive job market.

Confidence

Stepping into a workplace for the first time or after time away can be intimidating. Work experience or volunteering can be structured to support you through this transition. By successfully completing tasks and receiving positive feedback, you'll gradually rebuild your self-esteem. Newfound confidence can also extend beyond the workplace, positively influencing other areas of your life.

Commitment

Participating in a work experience placement or a volunteering opportunity demonstrates to potential employers that you are dedicated to your own development and capable of meeting workplace expectations. This also allows you to showcase your potential and reinforces your reliability, commitment and willingness to learn.

Dynamics

Every workplace has its unique culture and expectations. Through a placement, work taster or volunteering, you'll gain firsthand experience of how teams operate, how to communicate effectively with colleagues, and how to navigate challenges. Understanding workplace dynamics helps you fit in and thrive in a new environment.



**If you or someone you know
needs our help, contact
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