
Positive Career Choices for young adult carers

9 November 2017

Aims of the day

- To tell you all about the Learning, Work and Wellbeing Toolkit and the project that produced it.
- To show you the 'Think, Get, Keep' model and how it can be used to develop the work you do with young adult carers, your own professional development and the services you offer.
- To demonstrate how you can use the pack.
- To hear what you think about it!

About the project

About Positive Career Choices

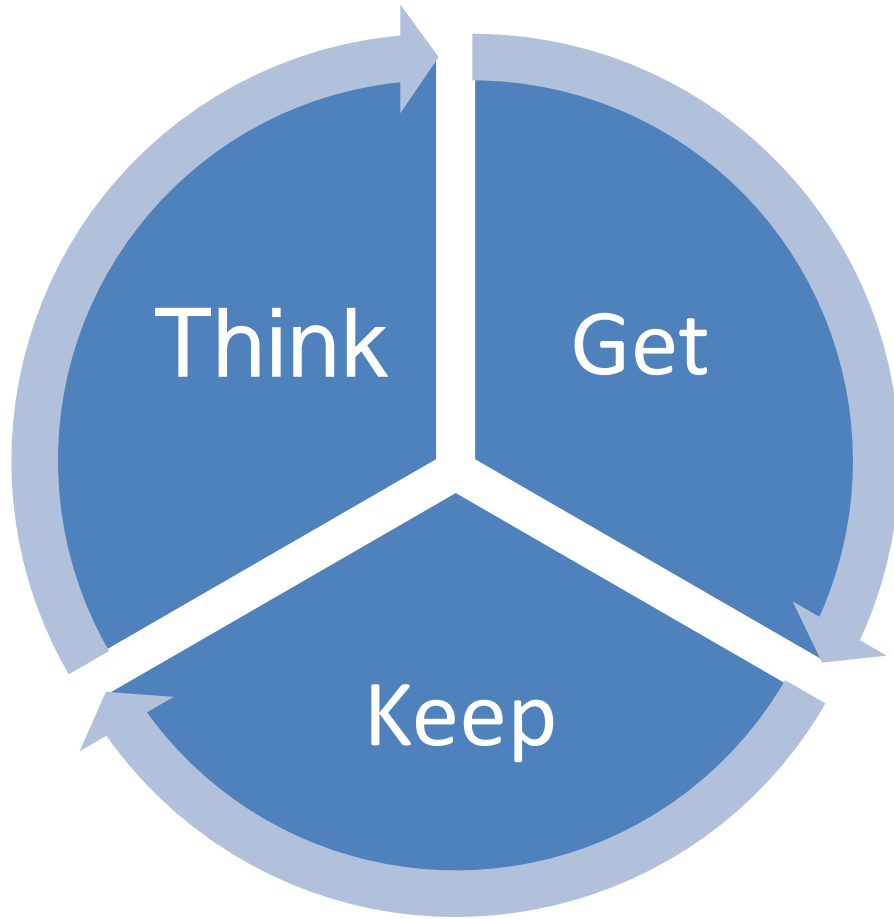
- Background and context
- Aims and objectives
- Staff training programme
- Co-creation of resources

Involving and co-producing with young adult carers

Think, Get, Keep

Knowing what we want, getting what we want and keeping it!

Think, Get, Keep



- Think – what is your goal, what is important to you? What do you want to achieve? Where are you now? What skills and resources do you have? What needs do you have? What might hold you back?
- Get – what do you need to do to get what you want? Who can help you? Timescales? Plan B? what are the barriers to overcome?
- Keep – now you have what you want how do you maintain it? How do you thrive? And succeed? What do you do if you hit problems? Who can help?
- Think – what next?

Using 'Think, Get, Keep' with young adult carers

- Recognising that some people experience greater social, emotional, cultural and structural barriers to learning and work.
- About accessing learning and work but also about remaining in and progressing on.
- Identifies the challenges and the barriers people may face
- Finding solutions and developing strategies.
- Building on strengths and skills, recognising what we can achieve.
- Promoting confidence and mental well-being.

	Young adult carer	Practitioner	Service
Think	Setting personal goals – where are you now? What do you want to achieve? What are your strengths and skills? What are the challenges and barriers? What might hold you back? what are the opportunities?	Setting professional goals – what skills and experience do you have? What skills and experience do you want to gain? What might hold you back? what are the opportunities?	Setting service goals – what does the service currently offer, what is done well? what needs to improve? What are the challenges and opportunities?
Get	Taking action – what do you need to do? By when? Who can help? what other support is available? What resources do you have that will help you?	Taking action – what do you need to do? By when? Who can help you? What support is available?	Taking action – what needs to be done? By who? By when? What resources need to be made available? Do you need to form partnerships?
Keep	Succeeding – what will you do to make you are successful and enjoy what you are doing? what will you do if you hit problems? Who can help? How will you capture and record your success and learning?	Succeeding – how will you sustain your career development? How will you handle time pressures? Who will support you? How will you capture your success and let others know what you are achieving?	Continuous improvement – how will the improvements be embedded and sustained? How will you monitor effectiveness and capture impact? How will you celebrate success?

Using the pack

Any questions?



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