

Hannah went to Avon Valley School is now pursuing a career in journalism

The Skills for Employment programme supported Hannah with 3 workshop sessions - a confidence boosting workshop, a mock interview & CV review and a stress relief workshop before her final GCSE exams. She attributes these workshops to gaining work experience at the Daily Telegraph, to improving her GCSE results and to gaining a part-time job.



1

Confidence boosting workshop

Learnt the 'wonder woman pose' to boost confidence before an interview
Worked in teams to think of ways to look confident in an interview
Learnt about body language and how to use it to make a good first impression



2

Mock interview and CV review

Marked on different aspects such as body language and CV content
Given advice on how to improve in these areas
Didn't know what to put on her CV before the workshop



3

Work experience at the Daily Telegraph

She won a writing competition at school where the prize was work experience at the Daily Telegraph in London
She helped to develop a new travel app for their website
Met the editor who talked to her about his job
Gained a broad insight into journalism
Pitched ideas for the website to senior colleagues and used tips given in confidence boosting workshop



4

Interviews

The workshops, interview and CV review helped her to obtain a part-time job in her local area. It also helped during an interview with a local newspaper and to get into her Sixth Form

5

Stress workshop

Before her GCSE exams, she had a workshop to tackle stress



6



Improved GCSE results

She was predicted C and D grades but the stress workshops helped her to achieve A*s, As and Bs



7

Future career

Is motivated to pursue a career in journalism

"I don't think I'd have my job at the minute because I wouldn't have lasted through the interview process. I also don't think I'd have done as well in my exams either because I was really stressed and that helped me really calm down and know what to focus on in my studies."

"It really has helped. Before I was a bit shy around people and now I feel more confident and like I can talk in front of other people."