



Access your allies

Access your allies sheet



Here are some ideas about the ways people can help you with your career exploration and planning:

- Parents, guardians and relatives can tell you about jobs they have had. As they know you better than most other people, they may be able to help you decide on occupations that suit you.
- Develop your own information 'network': family friends, careers counsellors, teachers, neighbours, sports coaches, people you work with, etc. These people all have knowledge about the world or work, and are generally happy to share information with you.
- This network can also help you find workplace learning opportunities and even paid work opportunities.
- People who currently do the job can also help. Most people don't mind talking about their own work as long as you are polite, show interest in their work, come prepared with questions, and don't take up too much of their time.
- Employers can often give you a full picture of how the job you are interested in fits into their organisation as a whole. Ask them about educational requirements, employment opportunities and conditions of work but remember that these aspects of the job may vary between employers.
- Providers of courses should be able to tell you about the occupations their courses prepare you for.

Make a list of all the people who have helped you with your career exploration. Write down how they have helped you so far and what other things they may be able to do to help you.

Career networks		
Person	How did they help?	What more could they do?