



NATIONAL CAREERS
COUNCIL (NCS)

AN ASPIRATIONAL NATION:
CREATING A CULTURE
CHANGE IN CAREERS
PROVISION.

Case study 4: Reachfor – a joint venture providing mental toughness programmes

Reachfor, a joint venture careers Company working across Cumbria, Kent, Merseyside, West and East Midlands, Thames Valley, and the South West developed and ran the Right Track project in schools from Primary age to Secondary age pupils designed to develop resilience and increase aspiration and achievement with the aim of promoting engagement, participation and achievement through life. The programme, funded through the Department for Education Improving Outcomes Fund, based their work around mental toughness training through the application of a Mental Toughness Psychometric measure. The results included 68% of participants have shown an improvement in attendance; 48% of participants have shown an improvement in behaviour; 51% of participants who demonstrated low levels of Mental Toughness showed an improvement and often a marked improvement and resilience and character to support career planning.

Source: Reachfor

Case Study 5: Centrepont – careers work in a voluntary agency for vulnerable young people

Centrepont works with homeless young people aged 16 – 25 and, as well as providing accommodation, prioritises specialist learning support and guidance to help young people into education and work. Every young person is given a learning assessment on entering Centrepont and a specialist learning worker for a tailored learning plan and support to access relevant mainstream education courses and specialist in-house learning, continuing for up to 6 months after they leave Centrepont services. Support including study/funding support, financial advice and life skills workshops, and for young people who are NEET, including education and employment fairs, drop-in sessions that offer advice on education and training, and intensive support on progression routes plus counselling and healthy living advice and Centrepont's mentoring scheme. Centrepont's Workwise scheme combines workshops on CV writing and interview skills with advice about the types of behaviour that employers expect and how to cope with problems in the workplace.

Source: Centrepont