

**Reminder - Definitions of Self -Management Skills**

Initiative: the ability to assess and start things independently

Organisation: cause things/people/self to be structured or ordered

Accountability: a willingness to accept responsibility for your actions

Time management: the ability to use one's time effectively/productively

Decision-making: selecting a choice from options available

Stress management: - dealing with mental or emotional strain or tension

To find out more visit: <https://www.youthemployment.org.uk/young-professional-training/>

­­



**Websites to help with this task are:**

BBC Bitesize Careers: <https://www.bbc.co.uk/bitesize/articles/zdqnxyc/>

Career Pilot: <https://www.careerpilot.org.uk/job-sectors>

National Careers Service website: <https://nationalcareers.service.gov.uk/>

Careers Wales: <https://careerswales.gov.wales/>

Prospects: <https://www.prospects.ac.uk/>



**Extension Activity**

If you want to learn more about this work area you should visit: <https://www.cybersecurityintelligence.com/blog/category/jobs-careers-31.html>

or visit the websites of local employers identified in the World of Work booklet which you’ll find here: <https://www.lrsport.org/uploads/llep-world-of-work-guide-leicestershire-2018.pdf> .

Make a note of any careers in these areas and investigate them if they interest you.