



**Staffordshire and  
Stoke-on-Trent**  
Integrated Care System

## Health and Care Force Speakers Guide

[staffsstokeics.org.uk/careers-education](https://staffsstokeics.org.uk/careers-education)  
#Careers2Curriculum



### Tips and advice on how to prepare for your Health and Care Force talk

*In partnership with Skills For Care's...*

**I care...  
Ambassadors**

# Health and Care Force – An Introduction

Thank you for signing up to be part of our Health & Care Force!

Research has indicated that Primary and Secondary School pupils respond better to interactive sessions than most other forms of career advice.

The aim of our Health and Care Force, in partnership with I Care Ambassadors, is to inspire and engage the future workforce of health and social care across Staffordshire and Stoke-on-Trent.

We want children to learn about the many roles which make up the Health and Care sector from the moment they start school by hearing direct from professionals in the field, and that's where you'll come in.

With your help, we can bring careers to the curriculum students from early years to University by sharing information with them about your profession, how you started your career, why it's special and why they should consider it too.

As the Gatsby benchmarks state: **“Every young person needs high-quality career guidance to make informed decisions about their future. Good career guidance is a necessity for social mobility: those young people without significant social capital or home support to draw upon have the most to gain from high-quality career guidance.”**

We've put together the following guide to help you decide how best to engage students and feel confident whatever you choose to support with.

If you need any further assistance our team are on hand to answer any questions, so please get in touch.

**We hope you enjoy the experience!**

**The ICS People Function**

Here's some things we recommend thinking about ahead of your talk:

## 1) Choose your talk format

Begin by selecting a talk format which best suits you and your personality – and tailoring it to which year group you're speaking with. If you're speaking with young children in Primary School, for example, they may respond better if you take in things they can see and interact with– e.g. uniform, scrubs or appropriate equipment.

We'd recommend avoiding long PowerPoint slides as these can be distracting and if there's too many – students may switch off.

### Types of Talk:

#### **In person school visits**

You could visit a school or educational setting in person to meet students and talk to them about your role. This is a great way to build a rapport with students and schools.

#### **Video calls to class**

Using Zoom or MS Teams (or similar) you could carry out your talk virtually to students. You could have breakaway rooms and include interactive content, e.g. videos or slides. Teachers can help to facilitate Q&A sessions.

#### **Careers events**

You could attend one of the many careers events taking place locally throughout the year. These types of events need quick engagement activities as they'll be seeing lots of students. Freebies can work well, too!

#### **Classroom resources**

You could work with schools and our team to create educational resources. This might be helping to create lesson plans that link your career with a curriculum subject.

#### **Or your own format!**

These are our suggestions, but you might have a different format in mind which works best with your career topic. Let us or the school know your plans and see what they think.

## 2) Make it fun and relaxed!

***We want the experience to be both a positive one for speakers and students. We've put together a few tips that might help...***

- Don't worry about presenting formally, try and engage via a relaxed approach and informal and light-hearted answers will work best with the audience.
- Try to avoid jargon and acronyms that may not be understood by the student age group.
- This is a chance for you to show how rewarding your career is and why students should pursue this themselves.
- Got a funny or inspiring story from your role? Tell it!

### 3) Framing a talk

If you're struggling to think of a way to frame your talk – the following may help.

1. **What is your job?**
2. **What does your typical day look like?**
3. **What are the top 3 skills you need to do your job well?**
4. **How did you get into your role?**
5. **What advice would you give to young people?**

### 4) How long should my talk be?

This is up to you depending on what you have planned and the year group you'll be interacting with, but ideally we'd suggest the total session is no longer than 45 minutes – 1 hour.

This might look something like the following for high school students; 20 minutes talk, 10-20 minutes activity, 15-20 minutes question and answer session.

Or for primary school students; 5-10 minutes introduction/talk, 15-20 minute activity and 10 minutes question and answer session.

### 5) Remember to prepare

It might sound simple but give yourself lots of time to get to your school or ahead of your talk. Do you know where to park? Have you thought about any items you'll be taking with you? Do you need to set up ahead of your talk?

Remember to ask for support from us or from your organisation with set up resources such as banners or posters if your service doesn't have its own. Will you be handing out freebies to students during or after the talk?

### 6) Go in as a team!

Professionals are encouraged to go in as a team or with a colleague as this is always a successful way of delivering a session. So, feel free to form a team!

### 7) Ask us for help!

If you're struggling to think of where to start before your talk takes place, we'd be more than happy to meet with you to plan and talk through where to start. Just email

[ICSpeopleprojects@mpft.nhs.uk](mailto:ICSpeopleprojects@mpft.nhs.uk) to arrange.

## **Thank you!**

Thank you again for being part of our Health and Care Force – we're looking forward to working with you. If you have any questions at all, please email [ICSpeopleprojects@mpft.nhs.uk](mailto:ICSpeopleprojects@mpft.nhs.uk) and we'll get back to you as soon as we can.