

Skills Development Scotland (SDS) is Scotland's Careers Service

Our qualified Careers Coaches are working in schools and careers centres across the whole of Scotland.

Your SDS Career Coaches are Elizabeth Bruce and Kirsty West and you can get in touch with them through the school or at E: elizabeth.bruce@sds.co.uk; M: 079172121179 or kirsty.west@sds.co.uk; M: 07584145704; T: 01779 479345.v

Your SDS Career Coaches will be there for you all through school, helping you get ready for what you will do when you leave school.

Some people think Career Coaches are here to tell you what to do. **NOT TRUE!** And they won't say 'no' or 'you can't' either.

They will help you to think about what is best for your future. They will be there when you need them to support you while you figure it out.

One of the main things your Careers Coaches will help you do is develop your Career Management Skills – SELF, STRENGTHS, HORIZONS, NETWORKS - which are the skills you will need to make your career a success.



You will take part in group work sessions with your Career Coaches, as well as, having the chance of one-to-one time. The Career Coaches operate an open door policy in school for pupils, which means, if the door is open any pupil can pop in to ask for career guidance and advice.

SDS Career Coaches will also be able to support your parents, carers and teachers when it comes to talking about careers.

The work of SDS Careers Coaches is supported by our careers website My World of Work www.myworldofwork.co.uk

You can use it to explore your career, skills and learning opportunities right through your school and working life.

Information for Parents and Carers

When it comes to making career decisions you are one of the first people your child will turn to for help.

Skills Development Scotland is Scotland's careers service and our Career Coaches are available to support you and your child throughout their time at school.

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Scotland's career website My World of Work www.myworldofwork.co.uk is also packed with information to help you explore the routes your child could take for their career.

Pupils will use My World of Work with their SDS Career Coaches in school as they build their Career Management Skills – Self, Strengths, Horizons and Networks.



You can find more information on how to support them in making **important career decisions**. Visit myworldofwork.co.uk/parents and www.mykidscareer.com for more information or contact the Career Coach in school.

Information for Post School Individuals

Support from Skills Development Scotland doesn't stop when your child leaves school!

SDS also offer a Work Coach service – the work coach that covers the Fraserburgh area is Kirsty West and you can get in touch through E: kirsty.west@sds.co.uk or M: 07584145704 or T: 01779 479345.

Work Coaches will work one-to-one with your child after they have left school, to help support them into work, education or training through our Next Steps service.

Deciding what to do after you finish school can feel overwhelming - Work Coaches will help you to look at your different options, and support you in making your first steps.

One of the main things your Work Coach will help you do is develop your Career Management Skills – SELF, STRENGTHS, HORIZONS, NETWORKS - which are the skills you will need to take your first step into employment.

