

LMC CAREERS WORKSHOPS

September 2026 - June 2027

The following workshops are delivered in your classroom (with the exception of Meditation in The Igloo) by Briony Roberts or Anouk Waller-Sargent. Workshops are available on the following days and times only:

Mondays at 9:30am. Tuesdays at 1:30pm. Wednesdays at 9:30am. Thursdays at 1:30pm.

To book a workshop for your class, please submit a request [here](#), or follow the QR code



Workshop title	Aim & objectives	Duration	Availability
Interview Skills	Aim: To prepare students for future interview scenarios (education and employment based) via presentation and an interactive 'Get That Job' board game. Objectives: • Gain practical experience of an interview process • Experience positive and negative interview outcomes with the opportunity to provide feedback	1 hour	October-June
CV & Cover Letter	Aim: To provide students with an introduction to CVs and Cover Letters. <i>Students will be shown where to access resources via the Student Hub for student-led CV and Cover Letter creation.</i> Objectives: • Gain up-to-date knowledge of CV and Cover Letter layout and content • Acknowledge the assistive power of AI in creating a CV or Cover Letter for a specific job role • Understand the purpose and benefits of a great CV and accompanying Cover Letter (via role play)	1 hour	October-June
Meditation in The Igloo	Aim: To support students in developing relaxation and mindfulness skills through meditation, enhancing emotional wellbeing and focus, and encouraging self-awareness and emotional regulation. <i>Students will be asked to lie down with eyes closed inside The Igloo</i> Objectives: • Introducing breathing and relaxation techniques • Allowing students a moment to escape in a safe and guided environment • Providing helpful meditation tips and guidance so that student can use these in their own time	30 minutes	October-June
Finding Seasonal Employment	Aim: To support students in identifying and securing seasonal employment opportunities by building job search skills, confidence, and awareness of workplace expectations. Objectives: • Identify suitable seasonal job opportunities and understand where and how to search for them effectively. • Develop job application skills, including writing a basic CV and completing application forms. • Build confidence in interview readiness and understanding employer expectations.	30 minutes	December 2026, March 2027 and May 2027 only

LMC HIGHER EDUCATION TALKS

September 2026 - March 2027

The following workshops are delivered in the Employer Hub by Sarah Crotty from University of Lancashire (apart from the Virtual Student Life Talk on 17th December which will be available to attend via Teams link).

Please note that all booking requests for Talks are on a first-come, first-served basis.

To book your class on to the Talks below, please submit a request [here](#), or follow the QR code



Talks available	Provider	Date	Room	Time & duration	Suitable for
Researching Higher Education Options Talk	 University of Lancashire	Wednesday 30 th September 2026	The Employer Hub (suite 2)	11am-11:45am (45 mins)	Level 3 Year 1
Introduction to Higher Education Talk	 University of Lancashire	Wednesday 30 th September 2026	The Employer Hub (suite 2)	1:15am-1:45am (45 mins)	Level 3 Year 1
The UCAS Process & journey talk	 University of Lancashire	Wednesday 14 th October 2026	The Employer Hub (suite 3)	11am-11:45am (45 mins)	Level 3 Year 2
Personal Statement Hints & Tips Talk	 University of Lancashire	Wednesday 14 th October 2026	The Employer Hub (suite 3)	1:15am-1:45am (45 mins)	Level 3 Year 2
Virtual Student Life Talk with Student Ambassador	 UNIVERSITY of HULL	Thursday 17 th December 2026	Virtual session	TBC	Level 3 Year 1 & 2
Student Finance & Budgeting at University Talk	 University of Lancashire	Wednesday 3rd March 2027	The Employer Hub (suite 2)	11am-11:45am (45 mins)	Level 3 Year 2

Personal Statement Advice & Guidance Drop-in stand in The Lounge

No need to book these, please encourage your students to pop by and chat with Sarah on the dates and times below

Personal Statement Drop-in dates	Provider	Time
Wednesday 30 th September 2026	 University of Lancashire	12pm-1pm
Wednesday 14 th October 2026	 University of Lancashire	12pm-1pm
Tuesday 10 th November 2026	 University of Lancashire	12pm-1pm
Thursday 17 th December 2026	 University of Lancashire &  UNIVERSITY of HULL	10am-3pm
Monday 11 th January 2027	 University of Lancashire	12pm-1pm

The UCAS submission deadline is **Wednesday 13th January** (for September 2027 entry).

Follow the QR code for guidance



How our Workshops & External Talks support Gatsby Benchmarks & the Career Development Institute Code of Ethics framework.

Activity	Gatsby Benchmarks Supported	How it Supports Gatsby	CDI Code of Ethics Supported	How it Supports CDI Principles
Interview Skills Workshop	GB3, GB5, GB8	Develops interview skills, prepares students for recruitment processes, provides feedback and supports informed progression decisions.	Autonomy, Competence, Impartiality, Transparency	Helps students make informed decisions, build employability skills, receive unbiased feedback and understand employer expectations.
CV & Cover Letter Workshop	GB2, GB3, GB5, GB8	Builds understanding of current recruitment practices, application requirements and progression opportunities	Autonomy, Transparency, Impartiality, Equity, Diversity & Inclusion	Enables students to create their own applications, understand appropriate AI use, access support fairly and receive impartial advice.
Meditation in the Igloo	GB1, GB3	Supports wellbeing, resilience, self-awareness and emotional regulation, helping learners engage positively with education and career planning.	Duty of Care, Equity, Diversity & Inclusion, Autonomy	Promotes wellbeing, offers neurodivergent-friendly options and encourages students to choose approaches that suit their needs.
Finding Seasonal Employment Workshop	GB2, GB5, GB6, GB8	Introduces labour market opportunities, employer expectations, workplace preparation and progression planning.	Autonomy, Competence, Impartiality, Transparency	Develops job-search and application skills while providing unbiased and accurate employment information.
Researching Higher Education Options Talk	GB2, GB7, GB8	Explores HE pathways, progression routes and decision-making information.	Autonomy, Impartiality, Transparency, Equity & Diversity	Supports informed decision-making and access to a wide range of education opportunities.
Introduction to Higher Education Talk	GB3, GB7, GB8	Raises awareness of HE opportunities and supports progression planning.	Autonomy, Transparency, Duty of Care	Provides clear information to help students understand and evaluate HE options.
UCAS Process & Journey Talk	GB3, GB7, GB8	Supports understanding of HE application processes and progression routes.	Competence, Transparency, Autonomy, Impartiality	Gives students accurate application guidance while maintaining impartial support.
Personal Statement Hints & Tips Talk	GB3, GB7, GB8	Helps students articulate skills, achievements and aspirations for HE applications.	Competence, Autonomy, Transparency	Encourages students to develop authentic applications through informed guidance.



How our Workshops & External Talks support Gatsby Benchmarks & the Career Development Institute Code of Ethics framework.

Activity	Gatsby Benchmarks Supported	How it Supports Gatsby	CDI Code of Ethics Supported	How it Supports CDI Principles
Student Finance & Budgeting at University Talk	GB2, GB7, GB8	Provides financial information to support informed HE decisions.	Transparency, Autonomy, Duty of Care, Impartiality	Ensures students understand financial implications and can make informed choices.
Personal Statement Drop-ins	GB3, GB7, GB8	Offers personalised support during a significant transition point and supports HE progression.	Autonomy, Impartiality, Duty of Care, Equity & Diversity	Provides accessible one-to-one support that respects student ownership of decisions and applications.

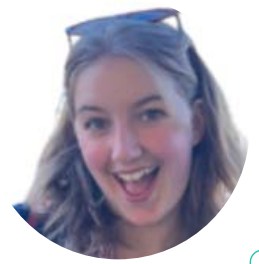
Careers Workshop facilitators



BRIONY ROBERTS

Job role: Careers Coordinator and Advisor
Location: The Hex (Careers Pod)

“ I have been delivering careers workshops at LMC for the last four academic years and have continuously developed our offer to ensure content is relevant, engaging, and genuinely helpful in preparing students for their next steps. With a background in performing arts, you can be assured that delivery will be both educational and engaging. I know that students won’t connect with someone standing at the front of a classroom talking *at them* about payslips... and that is definitely not what we do! Our sessions are interactive, practical, and designed to build confidence as well as knowledge. We recognise that careers education, information, advice and guidance is already embedded within curriculum delivery on a daily basis. Our workshops are designed to complement this, offering additional, focused experiences that help students prepare for life beyond education, whether that’s entering the workplace, progressing to further study, or developing essential life skills.



ANOUK WALLER-SARGENT

Job role: Student Engagement Advisor
Location: The Hex (Resources Desk)

“ Hello, my name is Anouk and I have been working in the Hex alongside Annie since April 2026. Whilst I am fairly new to this college, I have worked in many education settings before, including leading a team of counsellors to deliver Summer School sessions in Oxford. Throughout this role I delivered multiple sessions on CV Writing, University Applications, Money Management and all sorts of other things! Previous to this, I studied History at the University of Cambridge, where I was also involved in all things student journalism such as radio presenting, article writing and social media editing! Within College, I am taking over as Lead of the Class Rep Programme. I also aim to bring my political knowledge I have gained from my degree as well as personal interest to the role of Political Engagement within College. I am excited to get started leading Careers workshops alongside Briony, and have plenty of knowledge and experience to do so suessfully! I look forward to working with you all.