

Supporting Our Apprentices To Thrive Through The Crisis

Objective of this series of webinars:

“To understand the specific challenge for apprentices, and how to best support them to continue to thrive”

The likely impact of the current and rapidly evolving situation:

- Disconnection
- Uncertainty and anxiety
- Loss of focus and motivation
- Drop in performance and progress
- Mental health

Areas we are able to support our apprentices in:

- Practical work from home strategies
- Regular schedule of connection
- Creating new routines
- Reframing the situation
- Recognising chronic stress symptoms
- Stress management techniques
- Physical wellbeing guidance

Immediate actions to take

- 1** **Open up and consistently encourage use of channel of communication**
Apprentices need to know that they can ask questions, share how they are feeling, and what they are struggling most with. Be explicit that this is what you expect and create a clear and simple pathway for them to do this.
- 2** **Encourage daily physical activity, in line with government guidelines**
This is more important than ever for maintaining physical and mental health. Get outside into the fresh air for at least 30 minutes of physical exercise. This needs to be encouraged immediately, as many apprentices won't feel as though they have permission to 'take breaks' during the day.

Upcoming webinar series:



1. Making work from home work for you

Practical strategies for productivity and performance

2. Mindset & Resilience

How to cultivate a positive, growth-oriented mindset and learn how to grow through tough times

3. Stress Management

Practical strategies for recognising stress and overwhelm in ourselves and others, and how to effectively manage it

4. Physical Wellbeing

Simple advice to share with your apprentices for how to take care of themselves physically