

1. Listen to the High Performance podcast. Some examples below!

Usain Bolt: <https://www.thehighperformancepodcast.com/podcast/usain-bolt>

Richard Osman: <https://www.thehighperformancepodcast.com/podcast/richard-osman>

Robin Sharma <https://www.thehighperformancepodcast.com/podcast/robinsharma>

Jessica Ennis-Hill <https://www.thehighperformancepodcast.com/podcast/jessicaennishill>

Will-I-Am <https://www.thehighperformancepodcast.com/podcast/will-i-am>

Brian Cox <https://www.thehighperformancepodcast.com/podcast/briancox>

Keir Starmer <https://www.thehighperformancepodcast.com/podcast/keirstarmer>

Harpreet Kaur <https://www.thehighperformancepodcast.com/podcast/harpreetkaur>

Gareth Southgate <https://www.thehighperformancepodcast.com/podcast/gareth-southgate>

2. Update your CV or complete the CV worksheet

3. Research a career you do not know anything about. You can use the following websites and reflect on the following questions:

www.unifrog.org

www.nationalcareers.service.gov.uk

- what is their day-to-day like?
- what are the routes into this career?
- what skills are necessary for this career?

4. Enter a careers competition: design a logo for careers at WCHS.

5. Attend the Virtual Careers Fair <https://ncw26.co.uk/>

6. Speak to adults about their careers. You can use the questions above or your own

7. Update Unifrog to improve your profile by favouriting subjects, watching videos, updating your skills locker, researching careers... etc. **or** reflect on skills using the worksheet

8. Read about the Ikigai philosophy:

<https://www.forbes.com/sites/nelldebevoise/2023/10/06/the-power-of-purpose-how-ikigai-can-help-us-live-longer/>

<https://www.google.co.uk/books/edition/Ikigai/MDksDwAAQBAJ?hl=en&gbpv=1&printsec=frontcover>

9. Watch a video on the Ikigai philosophy:

https://www.youtube.com/watch?v=rOZtBlrMvek&ab_channel=VihanChelliah