



Presentation for Community Housing Cymru PROVIDING BMPLOYABILITY, DIGITAL SKILLS AND CAREER PLANNING SUPPORT FOR YOUR TENANT





Age at Work Programme in Wales

# HELPING OVER 50S PLAN FOR A POSITIVE FUTURE

# AGE AT BITC

# Our vision is...

to create workplaces where age does not limit an employee's success to support businesses to realise the massive benefits of a multigenerational workforce and retain the valuable talents and skills of older workers





# AGE AT WORK PROGRAMME

### Aims:

- Raise awareness of the ageing workforce and need for age inclusion
- Support employers to be more age inclusive in recruiting, retaining and retraining older workers and benefit from skills and experience they bring
- Support individuals aged 50+ to remain in or return to work









# WHAT IS A MID-CAREER REVIEW WEBINAR?

- Opportunity to reflect and take holistic view on life
- Review current circumstances and options
- Help inform choices for the future
- Start thinking about planning for the future and later life
- Provides overview on work, health & wellbeing and finance
- Equips attendees with some tools
- Encourages attendees to take action





# WHAT DO THEY COVER

### **Career, Health & Wellbeing covers:**

- Career planning model
- Transferrable skills and work values
- Impact of sedentary lifestyle
- Work-life balance
- Mental health and managing stress
- Carers rights in the workplace
- Menopause

### **Finance covers:**

- Budgeting and saving
- Types of pensions and ways to take pensions
- How much money is needed for retirement
- Understanding credit reports
- Wills
- Power of attorney



# **BENEFITS OF ATTENDING**

- Take time out to consider wants and needs for the future
- Better informed about where to go to get further information
- Develop resilience to deal with personal and professional challenges
- Improved health & wellbeing
- Enhanced confidence to focus and make plans for change
- Equip attendees with resource directory, tools and templates to take action



# **MID-CAREER REVIEW PARTICIPANT COMMENTS**

"I now feel much more focused, with renewed confidence, that I still have much to contribute in the workplace. This renewed vigour for paid work is important for my health and wellbeing, and also for improving my financial situation."

"I thought the Mid-career review webinar on Finance was very informative and gave me all the information I needed. I now feel a lot more confident in organising my financial affairs."

"The webinar provided me with additional direction, particularly around preparation for interview and gave practical and helpful hints which I used to secure employment."

"I loved the webinar on Career, Health & Wellbeing and got so much out of it. I liked the focus around taking small actions, and then building upon them."

"The webinar gave me some food for thought and the opportunity to reflect on where I am and safeguards to put in place. It has also given me confidence to set-up one to one coaching sessions with colleagues at crossroads between work and caring responsibilities."

*"I feel more confident about what steps I need to take to develop. The webinars made me reconsider and re-evaluate my professional and personal life and take action."* 

"The webinars were a positive experience as they served as a catalyst to look at things relating to both my finances and my health and wellbeing and gave me a nudge to take action."

# **DETAILS OF MCR WEBINARS**

- Eligibility aged 50 or over and living in Wales
- Monthly
- About one hour online
- Two separate webinars
  - Career, health & wellbeing
  - Finance
- Register online <u>www.bitcni.org.uk/age-at-work-wales-mid-career-review</u>
- Complete short pre-survey and post survey

# JILL SALTER AGE AT WORK PROGRAMME MANAGER JILL.SALTER@BITC.ORG.UK ANNA.NASH@BITC.ORG.UK

# WWW.BITCNI.ORG.UK/AGE-AT-WORK-WALES





# CLICKSILVER CONNECTIONS

March 22

## covid-19 HAS left older people lonely and isolated

### WITH MANY STRUGGLING TO STAY CONNECTED TO FRIENDS & FAMILY



STEEP RISE IN LONELINESS Number of older people 'often lonely' set to increase to 2 million by 2026 (Age UK)



### LACK OF DIGITAL SKILLS More than half of over 65s have none of the foundational digital skills they need (Lloyds)



LACK OF SUPPORT NETWORKS

1 in 2 older people (equivalent to over 5 million individuals) say the television or pets are their main form of company (Age UK) "He lost his wife after 50 years of marriage [...] and is now living alone and isolated day to day" *Rachel Marshall, Methodist Housing Association* 

"Around a third of our clients are struggling to use technology, but struggle to ask for help." *Yvette Harte, Peabody Housing* 

"She used to go to Bingo and social outings, but the pandemic and deteriorating health mean she has no way of connecting with friends." *Anne Linth, NHS Nottinghamshire Trust* 



### OUR AMBITION Building thriving communities to live and work in

### IMPROVED DIGITAL SKILLS

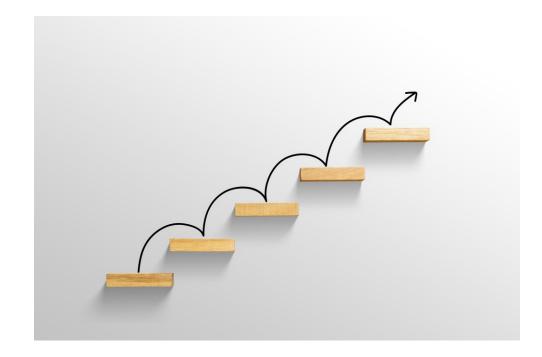
✓ 500 participants equipped with improved digital skills in the first virtual year

### **IMPROVED SOCIAL CONNECTIONS**

- Making connections between older/vulnerable people, and employees wanting to make a difference.
- ✓ 95% of participants report improved ability to stay in touch with friends and family.

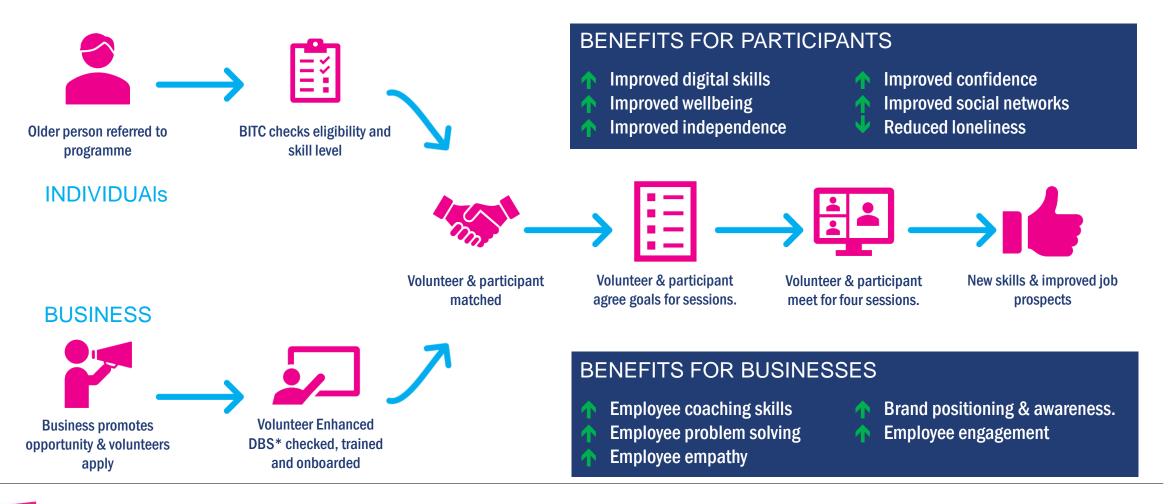
### **REDUCED LONELINESS**

✓ 90% of participants reporting a reduction in loneliness.





### HOW it works The CLICKSILVER programme



BUSINESS COMMUNITY COMMUNITY Business Network Cymru

### Impact

From the information provided through the registration forms, the top three skills participants were looking to improve were:

- 1. Accessing video calling software, such as Zoom, Google Meet, Facebook (95%).
- 2. Confidence in using one's device safely (82%).
- 3. Sending emails (75%).

In terms of **isolation indices**, the feedback given at the end of the sessions shows a decrease in participants feeling isolated from the outside world, with **80% showing an improvement** in their circumstances.

Looking at the **confidence in using technology indices**, at the point of registration, 90% of the participants reveal that they have little to very little confidence (scoring 1, 2, 3 and 5 out of 10) in using technology. At the exit point, **85% of them provide high scores** of 7 and above.



JULIE CULLEN **CLICKSILVER CONNECTIONS** PROGRAMME MANAGER **CLICKSILVER@BITC.ORG.UK** BUSINESS IN THE COMMUNITY JULIE.CULLEN@BITC.ORG.UK





BITC's job coaching programme

# BOOSTING JOB PROSPECTS THROUGH COACHING

**Referral Partner Briefings - 2022** 





# WHAT IS BITC'S JOB COACHING PROGRAMME?

Clients are referred by their specialist advisers and join our online platform. Clients are matched to a suitable volunteer coach to help them improve their employability prospects.

They receive 1:1 support from a business coach for up to six sessions, by phone or online. They gain access to further resources, information and other opportunities to help build skills and improve chances of success.

ESSENTIAL SKILLS – SKILLS BUILDER FRAMEWORK DIGITAL - LINKEDIN, VIDEO CALLS, ONLINE JOB SEARCH, MICROSOFT OFFICE EMPLOYABILTY – CV, INTERVIEWS, JOBS MARKET, APPLICATIONS WELLBING – CONFIDENCE, RESILIENCE, ENERGY, RAPPORT BUILDING

**COACHING** AND **CONNECTIONS** TO INCLUSIVE EMPLOYERS





# ABOUT OUR JOB COACHES



69% OF CLIENTS WHO COMPLETED THE PROGRAMME WENT INTO EDUCATION OR MENDION OR

"I've had three sessions with [my client] and she has already found a job. I've thoroughly enjoyed supporting Victoria, and I think the job coaching programme is fantastic and will help so many people."

# "

"The last 18 months haven't been easy, especially for those of us without the comfort of job security, but I've found interactions with my coach to be motivating and particularly helpful for planning next steps."

Don, participant

"

"Sessions are going great and my coach has been brilliant. We've been working to look at skills from a different perspective and applying them in different ways."

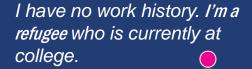
Derek, participant

Tom, coach





# WHO CAN THE PROGRAMME SUPPORT? (1)



I need help with mock interviews and interview techniques. I've attended interviews in the past, frozen and stuttered.

I have difficulties with digital skills, particularly emails and online applications.

I spent 20 years in publishing and journalism as a picture editor and researcher. l haven't worked since 2011.



I have a brand strategy and marketing background (marketing director) and client service director. Returning to work after having a child, I have worked in a betting office and supermarket, I'm now looking to have a career.

*I was made redundant in March having been employed for 10 years as an Events Coordinator* 





# WHO CAN THE PROGRAMME SUPPORT? (2)

#### **ONBOARDING**



Jobseeker registers for the Job Coaching programme via referral partner



Jobseeker creates online profile and outlines areas for support



Jobseeker selects a coach out of a choice of three based upon their location



Request is accepted by coach

#### ELIGIBILITY CRITERIA

This programme is aimed at those who:

- are aged 18+
- are unemployed and ready for work;
- speak good conversational English (level 1);
- have access to an email address and a phone;
- would benefit from the support of a 1:1
  volunteer coach to support them to build their skills, enhance their wellbeing and improve chances of progressing into employment.

#### **COACHING**

Coach reaches out to jobseeker to book in first session

Sessions are prepared and delivered by coach



\*\*\*\* \*\*\*\*

Jobseeker and coach reflect upon progress and complete Exit Survey

Jobseeker accesses signposting opportunities for further development and employment







# 3 STEPS TO REFER **YOUR** CUSTOMERS TO BITC'S JOB COACHING PROGRAMME

Not got an account yet?

Create account now

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#### Business in the Community's Job Coaching platform

#### Supporting jobseekers with business-led coaching

Welcome to our job coaching platform, a space for volunteer business coaches and jobseekers from across the UK to connect. This tool allows you to communicate, track the progress of your coaching relationship and draw on the resources you need to help support your coaching journey.

#### How job coaching works

Job Coaching is designed to provide jobseekers with 1:1 support through six business led coaching sessions, helping to build back an inclusive workforce by supporting people who are unemployed.

"I've had two job coaching sessions with [my client] so far, during which we prepared a new CV for her to apply for jobs. She already has three interviews lined up and is very excited. I'm really enjoying it too!" Victoria, job coach, Eversheds Sutherland



to help support your coaching journey.

#### How to use our job coaching platform

Coaches: Create a profile, complete your training with BITC experts and login to view your client matches

Jobseekers: Create a profile to connect with a

coach, develop your skills and improve your

employment prospects

Keep me signed in
 Login

Forgotten password?

ACCOUNT LOGIN

Email

Password

- 1. Register an account
- 2. Complete a profile
- 3. Select a coach

#### To complete this, either:

- Take a few minutes to support your customer to do this during their appointment, or
- Offer them the link to complete in their own time

Our ambition is to connect the experience and skills of business volunteers with jobseekers to ensure nobody is left behind as we recover from the COVID-19 pandemic. Login below to access our job coaching platform.







### **STEP 1: Register an account**

- Go to <u>https://bitcjobcoaching.onpld.com</u>
- Click on 'Get Started'
- Complete the registration form and the four declarations.

If you are completing it on behalf of the customer, input a random password on the first page, as the customer will receive an email enabling them change it at their convenience.

#### Declaration of consent

I consent to all of the information which I disclose on this form (including sensitive information relating to my physical or mental health) being used and shared for the purposes set out in the data protection statement above.

I understand that if it is subsequently discovered that any statements from me are false or misleading, I may no longer be eligible for the programme.

- Please confirm you agree to the declaration of consent
- Please confirm you are 18 years or older
- Please confirm you are currently unemployed and actively looking for work or work alternatives (apprenticeships, traineeships, work placements)
- Please confirm that you speak good conversational English (can hold a conversation with a BITC coach for an hour)

#### Create Account

The information you enter on the system will only ever be used as part of the mentoring platform. <u>Read more</u> about how we handle and protect your personal information.





### **STEP 2: Complete the profile form**

#### To help us track your referrals and provide you with feedback, please give your name, email address and connection to the customer.

PROFILE			
Are you completing this on behalf of someone else?		Device access	
Yes	No	Please select one or more devices	
Which organisation referred you?		Internet access (data / wifi)	
Please select organisation	*	Device with internet access	No device with interent access
Name of contact at organisation	Email or phone of contact	How would you prefer your coach to m	nake contact with you?
	Optional	Please select a contact method	-
Which part of the UK do you live in?		Below are some statements about your well	being. Please select the option that best
Please select your region +		describes your experiences relating to your employment journey, or select 'Prefer not t say'. This information is not shared with your coach. I feel optimistic about my chances of finding work	
If you live in Wales, would you require a Welsh speaking coach?			
Yes	No	. ,	
Work history		I feel motivated in looking for work	
share this with your BITC Coach to help t	revious work experience / history. We will hem understand what support you will need h you during the session (no more than 240	I can cope with rejections and knock-b	acks on my job seeking journey
What type of employment/sector we	ould you like to go into?	Any additional supporting needs you v	vould like us to know about
Please select one or more sectors or c	hoose 'Not sure/looking for something else'	Optional	
Have you faced any barriers in acce	ssing employment?	No more than 240 characters	
Please select one or more, or "I have not faced barriers"		We would like to monitor the equal opportunities within this programme, please help u by completing the following questions or selecting 'Prefer not to say'. Your answers ar not shared with your coach.	
This information will be shared with your coach			
The programme covers 4 key areas: essential skills, employability skills, digital skills and wellbeing. Please take a moment to consider the areas and identify where you feel would benefit most from the support of a coach. Please select all that apply. This information will also be shared with your coach.		Age	Sex
		Please select your age 👻	Please select your sex
Support needed		Ethnic group	
Please select one or more areas of support		Please select your ethnic group	





### **STEP 3: Select a coach**

The client chooses the coach they want to work with from three coach profiles.

View their titles, job titles, company they work for and the region they live in.

Click 'View Details' to see what particular skills or experience the coach has.

Follow the on-screen instructions to send a request to a coach.

Then log out from the platform.

For the client, further engagement with the platform is optional.

To choose a coach you have to View Details and then Send Request. You can only choose 1 coach.						
MATCHING CO	ACHES					
	Miss Sarah Test IT Manager Jaguar Land Rover England - North West	Regions I can coach people from: England - North West	<u>View Details</u>			
	Mr Bob Test Medical Writer Pfizer England - North West	Regions I can coach people from: England - North West	View Details			
	Mrs Amy Test Accountant Lloyds Banking Group England - North West	Regions I can coach people from: England - North West	View Details			





## WHAT HAPPENS THEN?

- Client receives an email notification when the coach accepts the request.
- The coach will then get in touch within a short period.
- If no coach is currently available for the client, they will be asked to contact <u>coaching@bitc.org.uk</u> where the programme team will match them with a coach as soon as one becomes available.



The Prince's

COACHING TO DEVELOP SKILLS, WELLBEING AND IMPROVED

Get FREE 1:1 SUPPORT from a business volunteer to build your skills, confidence and improve

Responsible Business Network

CHANCES OF SUCCESS

What is BITC's Job Coaching

As a result of the pandemic and the impact on

programme?



outside of coaching sessions to reflect and

Programme, clients will:

### **ADDITIONAL RESOURCES AVAILABLE TO YOU**

**BITC Job Coaching Team:** Coaching@bitc.org.uk

### You to further resources, information, and other opportunities to help you build your **Client / Referral Partner Instructions**

The process to request a coach has 3 stages and should client, the referral partner alongside a client, or on a client

Requesting a Coach

In addition to the six sessions, coaches can link

#### 1. Register an account

Go to https://bitcjobcoaching.onpld.com and click on 'Get Started':

Business in the Community's Job Coaching platform

Not not an account vet?

What is the Job Coaching Programme?

offer tailored support to jobseekers with:

positive wellbeing.

As a result of the pandemic and the impact on

As a result of the pandemic and the impact on unemployment levels, Business in the Community aims to connect trained business volunteers to

BUSINESS IN THE COMMUNITY'S JOB COACHING PROGRAMME:

COACHING TO DEVELOP SKILLS, WELLBEING AND

Our business volunteers offer 1:1 coaching - developing skills, increasing confidence & supporting positive wellbeing.





# **NEXT STEPS**

Contact the Programmes team at BITC for additional support to refer your clients and customers to our job coaching programme:

#### coaching@bitc.org.uk

**Continuing throughout the summer,** we are running these sessions twice a week:

- Mondays 1.30 2pm <u>click to join</u>
- Thursdays 2 2.30pm <u>click to join</u>

We look forward to helping you to support your clients.

Supported by:





CHRIS GOPAL EMPLOYMENT PROGRAMME MANAGER JOB COACHING WALES BUSINESS IN THE COMMUNITY COACHING@BITC.ORG.UK