

# GIVE AN HOUR

## GIVE AN HOUR CAMPAIGN

Was there someone in your life that made a difference to the career choices you made? Could you open the eyes of a young person to an exciting or fulfilling career that they didn't even know existed?

The Give an hour campaign invites you to change the lives of the young people in your area by giving up as little as one hour of your time. We'd particularly like to hear from you if you own or work in a small or medium sized business.

In an hour, you could change the course of a young person's life by sharing your story or helping them understand more about the world of work. And sometimes that's all that is needed. Could you be that someone?

Register today at [giveanhour.co.uk](http://giveanhour.co.uk) to give an hour and make a difference

## WAYS TO GET INVOLVED

There are many ways to get involved - here are just some of the ways you can help to inspire a young person in an hour.



Share your career journey in an assembly or classroom to help students understand the world of work.



Bring a subject to life by sharing experience from your industry or workplace.



Use your experience to take part in mock interviews or CV writing workshops.



Speed networking, answer young people's questions about your career in a quick fire setting.



Get you and your staff involved in volunteering through local careers activity providers.



Register today at [giveanhour.co.uk](http://giveanhour.co.uk) to give an hour and make a difference

**GIVE AN  
HOUR**

**GIVE AN  
HOUR**

# What can you do in an hour?



## Speak

Share your career story to a class or assembly



## Share

Run a group session about your industry or workplace



## Workshop

Carry out a mock interview or support a CV workshop



## Networking

Answer young peoples' questions about your career



## Activities

Get you and your staff involved in volunteering with local careers activity providers