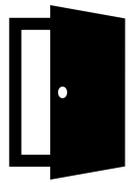


Top 5 steps to getting work experience in performance sport

This FREE GUIDE will help you get the experience you need to a) equip you to work more effectively; and b) demonstrate to employers that you're the one for them.

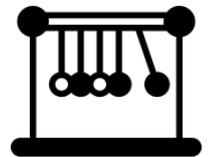
1) Knock on doors: There is no substitute for making an approach to someone, knocking on their door, and asking if they'd be open to you doing some work experience with them. DON'T just send an email - this shows you can't be bothered.



2) Search locally: Finding a club or team that you could work with will take some looking. Search on Google for local sports clubs, perhaps a sport that you're familiar with and find out when they train and get down there.



3) Build on momentum: Find someone who is already doing some work experience and enquire about whether they need a hand. If someone has already made an opening from which you can bolster the



4) Be curious: Asking everyone if you can do work experience with them is a) an exercise in persistence; b) tiring for you as you get accustomed to the sound of the word 'no'. Instead stay curious and ask people "What are you working on at the moment?" That way you're showing interest in and you might uncover something that you can respond to with, "Can I help you with that?"



5) TOP TIP - Make it happen for yourself*: 'Don't wait for one to be advertised. Shadowing opportunities often involve you watching other people work lacks the pressure and depth of reflection). Self-generated work experience is often superior requiring you to 'muck in', experience the cut and thrust of the day-to-day pressures of a sports performance environment is likely to present itself with richer learning for your development.

