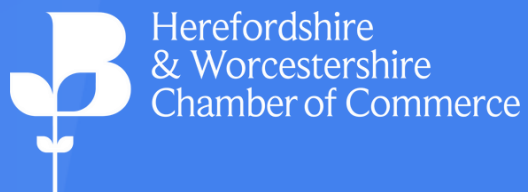


Make Strides in your early career

Set up your new recruits for success with **Make Strides**, a structured programme designed to build and embed workplace skills with real-world impact. With **36 dynamic digital modules**, it guides them from day one to year three, focusing on communication, being capable & confident and understanding the workplace.

Delivered in three progressive stages: **Starting Strides**, **Steady Strides**, and **Strong Strides**, this programme ensures employees adapt fast, grow strong, and make a positive impact.

make
strides



Make Strides in your early career

Everyone's journey looks a little different, so the best place to begin is **where you are right now** on your career path. You can start at **any stage**.

The full programme is 36 modules broken down into 3 stages of development:

Starting Strides

(12 micro
modules 3-5
mins)

Steady Strides

(12 bitesize
modules 10-
15 mins)

Strong Strides

(12 bitesize
modules 10-
15 mins)

Make Strides in your early career

What's inside the programme? A taste of what they'll learn...

Each stage of **Make Strides in your early career** is packed with engaging, practical learning that helps new recruits build confidence and capability from day one.

They'll explore how to:

- Communicate clearly and confidently
- Manage time, tasks, and stress effectively
- Understand the workplace and their role in it
- Build strong relationships and make a positive impact

From decoding payslips and writing better emails, to giving feedback and managing multiple tasks, our short, interactive modules make learning stick.

Just enough. Just in time. Just what they need to succeed.

	a. I can ... Communicate	b. I am...Capable and confident	c. I do...Understand the workplace
Starting Strides Laying the foundation for success in your new role	1.Writing better emails 2.The power of listening 3.Communicating like a pro 4.Unspoken communication	1.Your personal brand 2.Don't be afraid to ask 3.Making good connections 4.Answer and make a call like a pro	1.Beyond the handbook 2.Your payslip explained 3.Work safe work smart 4.Doing the right thing
Steady Strides Gaining confidence and building momentum in your first months	1.Giving and receiving feedback 2.Communicating with different personalities 3.Effective email communication 4.Introduction to business writing	1.Prioritisation techniques 2.Time management tools and apps 3.Managing multiple tasks 4.Effective note-taking for meetings and training	1.Problem-solving and decision-making 2.Personal development 3.Understanding company structure and hierarchy 4.Developing a professional network
Strong Strides Developing skills and strategies for long-term career growth	1.Being part of a Team 2.Building rapport and trust 3.Practicing empathy 4.Representing myself	1.Taking responsibility 2.Taking control of stress 3.Taking initiative 4.Being resilient	1.Everyone belongs 2.Our planet our future 3.Making a difference 4.Being safe in a digital world