



NatWest  
Thrive

THE JOURNEY STARTS AT [#NCW2025](#).  
3RD – 8TH MARCH 2025

**you CAN**  
set your  
goals HIGH!

NATIONAL CAREERS WEEK



ISSUE 22

**NCW**

**DOWNLOAD**

THE CAREERS &  
ENTERPRISE  
COMPANY

NOT JUST  
LAB COATS

**NHS**  
Careers

COMIC  
RELIEF

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worldskillsuk  
excellence at work

**RCVS** SETTING  
VETERINARY  
STANDARDS

National  
Careers  
Service

National Careers Week

**NCW**

# CONTENTS

Welcome .....	03
Theme #YOU CAN .....	03
Download, Share and Inspire .....	04
STOP PRESS .....	04
WELCOME TO DOWNLOAD! - Nick Newman .....	05
GET READY FOR #NCW2025 .....	06
Social Media Guide .....	06
Countdown graphics .....	07
Door plaque .....	07
RESOURCES FOR #NCW2025 .....	08
NCW x HPP Collaboration .....	08
The Green Buzz Quiz .....	09
NCW 2025 Pledge Campaign Templates.....	09
NCW 2025 Job Journey Activity .....	09
PLANNING YOUR WEEK .....	10
Sponsors .....	10
#NCW2025 DIARY .....	11
Celebrating 10 years in partnership with NatWest .....	11
WORLDSKILLSUK .....	12
NOT JUST LAB COATS .....	13
NHS Careers .....	14
COMIC RELIEF / AMAZON .....	15
BBC Careers Bitesize .....	17
The BBC Bitesize Careers Video Podcast .....	17
Quizzes .....	18
Careers Toolkit .....	18
Careers A-Z .....	18
VIRTUAL CAREERS FAIR! .....	19

# WELCOME TO DOWNLOAD – ISSUE 22

## AND THANKS FOR DOWNLOADING THIS EDITION\*

We want to help you get prepared for #NCW2025 with our amazing team of partners and supporters, the best resources we’ve ever provided, some fantastic social media and graphics packs and an important milestone: **TEN YEARS** with NatWest as Headline Sponsors!

This year, National Careers Week is all about empowerment. The theme ‘**YOU CAN!**’ exemplifies why we exist – we want to help you empower your students towards self-belief, self-fulfilment and self-motivation, and that’s why we’ve chosen **YOU CAN** as the theme. The downloadable digital packs, including posters and social media, can be found here.

[HERE](#) 

**\* DON’T FORGET THERE’S A HOST OF INFORMATION  
IN THE DOWNLOAD ARCHIVE ON THE WEBSITE TOO!**

[Download Archive](#) 



YOU CAN DOWNLOAD, SHARE AND INSPIRE RIGHT NOW!



## STOP PRESS

We've got some exciting plans for DOWNLOAD Magazine and we'll let you know about them very soon. In short, we want your stories; we want to see what you do every day, month and year to help your students. We'll be looking for contributors to be interview guests, to bring case studies to life in the magazine and to share best practice going forward.

Everything we do at NCW is driven by you and the young people you serve, so we want to hear more about you and what you want from us!

**YOU CAN** put yourselves, your skills your students and your best practices centre stage.



## WELCOME TO DOWNLOAD!

NICK NEWMAN, CEO, NCW.

As we get ready for another National Careers Week, we're pausing to reflect on the success of partnerships.

We started NCW to bring together the professionals and educators responsible for the careers education and aspirations of millions of young people across the UK, and to create a national conversation from the ground up.

We have always depended on the support, engagement and enthusiasm of already-busy teachers and lecturers, careers leaders and businesses and organisations with limited resources and time to put a pin in their calendars for the first full week of March each year.

We've relied on an ever-developing roster of partners and sponsors to support us in our aim: **Empowering Positive Change Through Careers Education**.

We could not deliver what we've delivered year after year without the help of our headline sponsor, NatWest, who for the past TEN YEARS have worked together with us to build and develop our offering and always ensure our resources and tools have been delivered FREE to the educators and organisations that get involved.

On behalf of myself, the Directors, Leadership and Management Teams at NCW, THANK YOU, NatWest!

Nick Newman

Meet the Management Group

[HERE](#)

“

It has been an absolute pleasure to work with the **NatWest** teams over the last **10 years** of our special partnership.

NICK NEWMAN, NCW CEO

Without their vision, help and experience we would not have become the largest all-inclusive celebration of career pathways across the UK.

”



# GET READY FOR #NCW2025

As ever, we’ve got graphics, resources and other digital magic for you – you can find it all on the website and resources mini-site

HERE 



We’ve got the following collated resources for you available in one place:

## SOCIAL MEDIA GUIDE

How to make the most of the next month on social media to build your engagement with stakeholders, partners, parents and students:



## COUNTDOWN GRAPHICS

We’ve prepared some countdown graphics for your digital screens, noticeboards and social media channels – build up the excitement and share your plans!



## DOOR PLAQUE


Our ever-popular door plaque has been updated for 2025. It’s a perfect, quick and simple way to help students understand how we develop career skills and experiences. Download, share, complete and print!

WHAT DOES YOUR CAREER PATH LOOK LIKE?

NAME:

PREVIOUS JOBS:

SKILLS DEVELOPED:



#NCW2025

NatWest Thrive



# RESOURCES FOR #NCW2025

We've created and updated a host of brilliant resources to help you and your students develop skills and abilities in understanding and exploring careers and futures so they can plan a pathway to success for themselves.

Some brilliant resources and video interviews to utilise in #NCW2025 and beyond. Why not show them at lunchtime or in assemblies?

***"A superb online toolkit to help students understand the personality, skills and attitudes they possess and where their sustainable future career may lie."***

In-class or tutor time activities for students to complete with supervision.

## NCW X HPP COLLABORATION

The High Performance Podcast enables access to a wide range of entrepreneurs, athletes, visionaries and leaders from across the world.

This set of resources are designed to challenge, prompt and inspire your students. All of it is **FREE** with only one request: if you find it useful, please pass it on to a colleague or fellow educator. You can also share your thoughts and feedback using the hashtag #HighPerformancePodcast.



NCW Activities

## THE GREEN BUZZ QUIZ

We believe everyone should aim high when planning their career path. This includes asking, "How green are my options?". With Green Buzz, you can match your natural strengths to the green career options available to you.

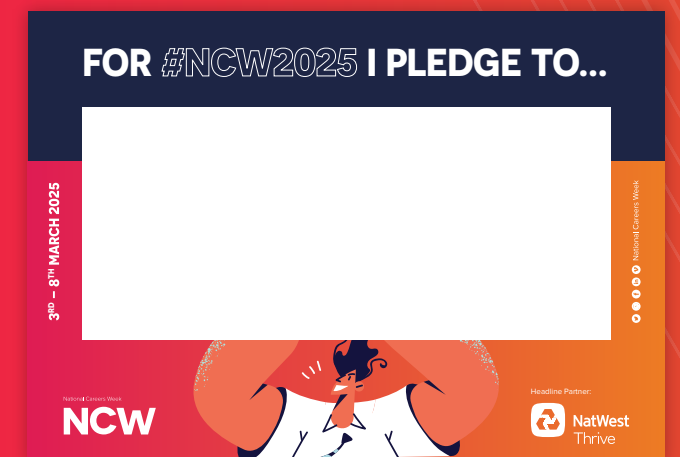
NCW Activities



## NCW 2025 PLEDGE CAMPAIGN TEMPLATES

A4 posters you can download, print and complete to show your pledge for #NCW2025. Print, complete and take a photo of you holding it. Tweet and tag @careersweek, using the hashtag #NCW2025.

NCW Activities



## NCW 2025 JOB JOURNEY ACTIVITY

This is your big chance for your students to get involved in National Careers Week and work together to create something special. The Job Journey App Challenge, designed for students in Key Stage 2-4, allows groups of students to exhibit their creativity and design skills.

NCW Activities

# PLANNING YOUR WEEK

We want you to be able to get the absolute best from #NCW2025. To that end, please see below the timetable of the day sponsors for the week. These incredible partners will be taking over the social media focus, will have exclusive content and video resources for those days and, in some cases, will have activities and talks you can participate in each day.



## MONDAY 3<sup>RD</sup> MARCH #NCW2025 DIARY



Together, we have helped over  
**7 million learners** across the UK.

## NCW2025 MARKS 10 YEARS OF OUR PARTNERSHIP WITH NATWEST.

NCW2025 represents 10 years in partnership with NatWest. In the past decade, NatWest and NCW have reached SEVEN MILLION young people and their teachers through National Careers Week, the Virtual Careers Fair and ongoing activities and promotions.

Take a look at early career pathways at NatWest with apprenticeships opening in Spring!

[NatWest Early Talent](#)



“

“Together, we’ve inspired young people to **change the narrative** about what they can and cannot do.”

“Our **decade-long partnership** with National Careers Week has always had the impact for young people at the heart of everything we’ve done together.”

“It’s now more than just a week, it’s a **movement.**”

”

NAOMI PURI, NATWEST



## TUESDAY 4TH MARCH : DAY SPONSOR

# WORLD SKILLS UK



On Tuesday in #NCW2025, WorldSkillsUK will inspire young people from all backgrounds to choose high-quality apprenticeships and technical education as prestigious potential career routes.

Technical education and apprenticeships give young people the skills and knowledge needed to kickstart their careers. Created with industry and jobs in mind, this is an exciting time to choose technical education and apprenticeships as a next step, with courses and pathways driven by industry demand.

On Tuesday 4th and Wednesday 5th March you can join WorldSkills UK's free webinars with Education and Employers and Speakers for Schools highlighting diverse career pathways in engineering, business, creative and digital sectors.

In the Careers Advice Toolkit you'll find video and teaching resources on a number of potential career routes and technical pathways in different sectors, created with Skills Champions, leading employers and organisations.

Mapped against the Careers Development Institute and Gatsby Benchmark Frameworks, the toolkit offers expert evidence-based guidance to inspire young people exploring career pathways and making informed decisions about their future. Drawing on our experience of developing young people to world class standards, the toolkit also helps students build key employability skills and close the gap between education and employment. It is a valuable resource for schools, students, parents, and carers to support any careers programme in the UK.

CLICK HERE TO FIND OUT MORE:

[WorldSkills Website](#)



## WEDNESDAY 5TH MARCH: DAY SPONSOR

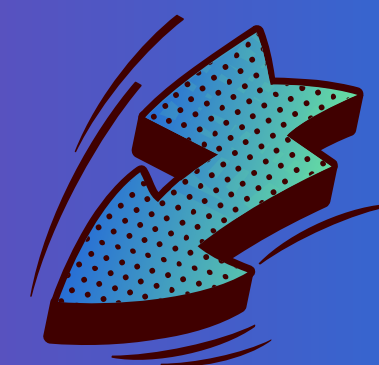
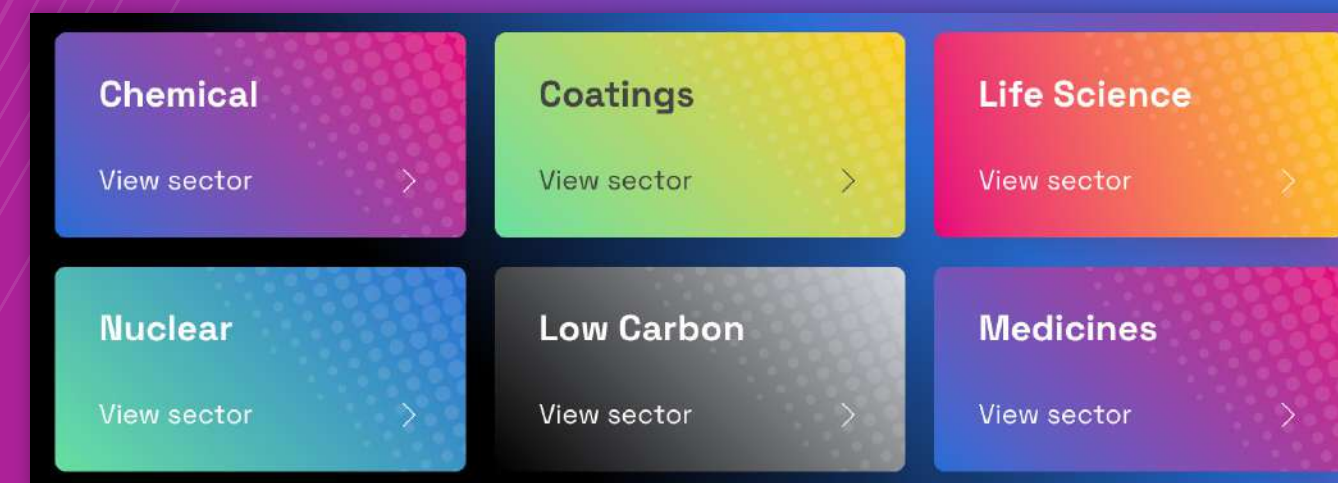
# NOT JUST LAB COATS



We are thrilled to welcome Not Just Lab Coats as Wednesday's Day Sponsor for #NCW2025.

Not Just Lab Coats pretty much does what it says on the tin! Representing jobs and career paths in science and technology, they work to open eyes and minds to the many and varied careers in science and technology fields.

We are so excited to help break down some stereotypes and encourage more young people to consider careers which can change the world and change the future.



Here's a link to a blog in their own words:

[NJLC Website](#)



## THURSDAY 6TH MARCH : DAY SPONSOR

# NHS CAREERS



### DID YOU KNOW?

**There are more than 350 careers within the National Health Service.** As a partner for many years, the NHS has Thursday the 6th March as their #NCW2025 Day.

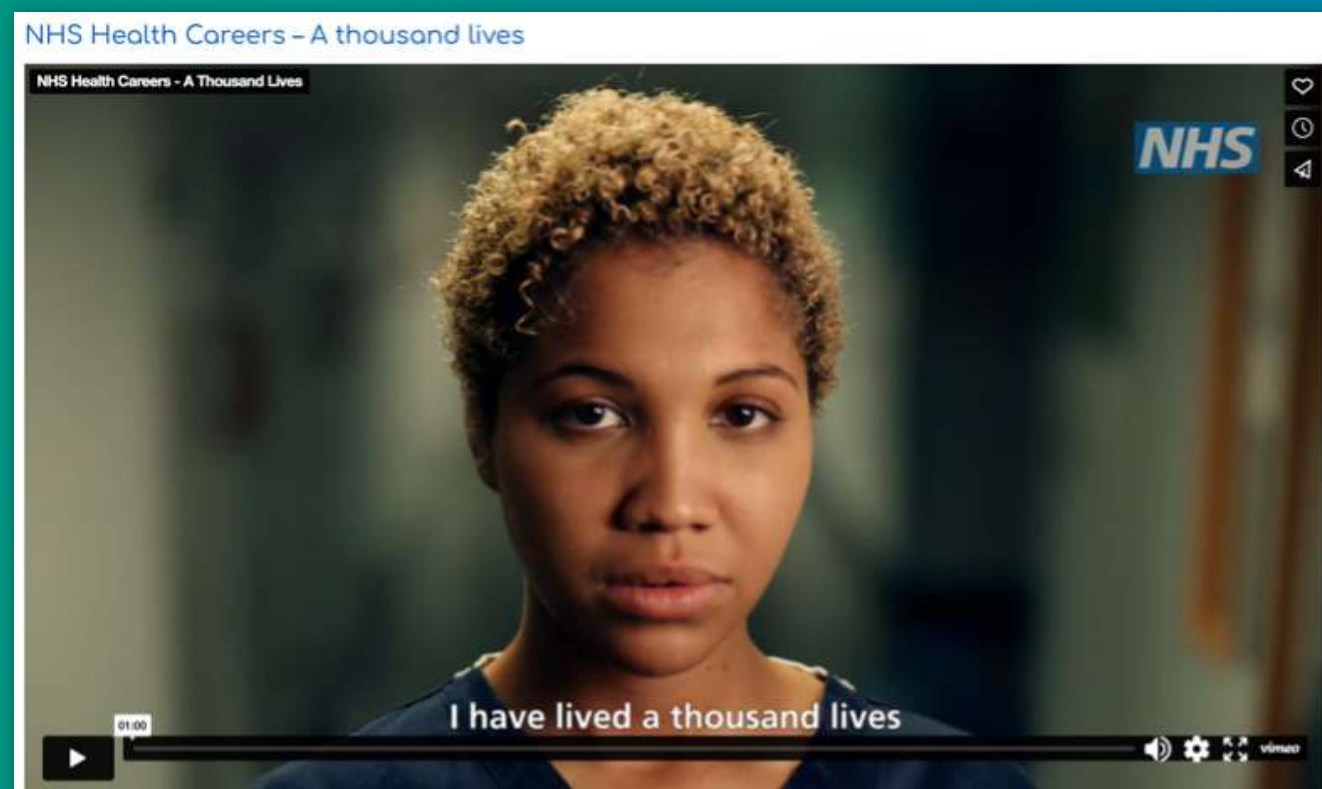
The NHS is the largest employer in the UK. Free at the point of use, its 1.6 million staff diagnose, treat and care for 1.7 million people every day. It's incredible to live in a place where the NHS exists and cares for people at every stage of their lives from birth to old age.

There are hundreds of career pathways to choose from. What better way to find out than a dedicated day during National Careers Week?

For a preview of what the NHS has to offer, watch the video below.

**We are the NHS.** 

## 350 CAREERS. ONE NHS. YOUR FUTURE.



## FRIDAY 7TH MARCH: DAY SPONSOR

# COMIC RELIEF / AMAZON



Launched back in 1985, Comic Relief is celebrating 40 years of using the power of laughter to change lives. In that time, the Great British public has raised an astonishing £1.6 billion to support over 100 million people across the world and here in the UK.

Donations made to Comic Relief help our incredible partners work on the ground to provide food, essential healthcare and safe shelter. They keep mobile food clubs on the road, stock multibanks with anything from beds to breakfast, help communities to prevent HIV/AIDS, get children living tough lives onto sports fields for kickabouts that will kickstart their confidence – and give refugees and people living on the streets a warm welcome in temporary homes and new communities.

It's the cocktail of comedy and compassion that makes Comic Relief so special. For every celebrity appearance or record-breaking feat; for every bake-sale, fancy-dress outfit, or sponsored swim; for every Red Nose, t-shirt, or novelty pin-badge sold - there are countless moments of impact quietly unfolding: families given hope, communities rebuilt, and lives uplifted.



## WORKING AT COMIC RELIEF

Having a job at Comic Relief isn't quite the same as just 'having a job'. The work we do really does make a difference. It really does change lives.

Comic Relief has a wide remit of roles, so whether you're passionate about fundraising, project management, content creation, IT, backend engineering, or finance, there's likely to be a role for you. We're not looking for degrees or titles but a genuine desire for working together to achieve our goal of a just world free from poverty.



Mabinty Esho, our Head of Diversity, Equity, Inclusion and Belonging, says:

COMIC  
RELIEF

*"I love working at Comic Relief as Head of DEIB because it allows me to collaborate with diverse, passionate teams who are dedicated to making a real difference. Together, we strive to create an inclusive environment where everyone feels valued and empowered, enabling us to achieve greater impact. Seeing how our ambition of working together drives meaningful partnerships and sparks innovative initiatives that bring our shared vision of creating a just world free from poverty to life is inspiring. Being part of this collective effort fills me with purpose and pride."*

You can find further details

HERE ↑



Taking part in fundraising activities can have a real impact on pupils as individuals, learners and citizens (and can be a great thing to put on a CV!) Confidence, self-belief, leadership skills, empathy, engagement, understanding of the world, enjoyment- all have been reported as benefits of pupils taking part in Red Nose Day. So, get your students involved!

This year's Red Nose Day is Friday 21 March. Sign up at:

Register ↑

# BBC BITESIZE CAREERS

BBC  
BITESIZE  
CAREERS

National Careers Week is nearly here and the BBC Bitesize Careers website has a range of free videos, quizzes and resources to support and inspire young people to find a career that suits them. From video podcasts and hundreds of job profiles to quizzes, there's expert advice and resources for parents, teachers and young people as they consider their future career pathway. There's something for everyone!

BBC Bitesize Careers Website ↑

## THE BBC BITESIZE CAREERS PODCAST

BBC Radio 1 presenter Katie Thistleton is back with a second series of the massively popular Bitesize Careers video podcast. Alongside careers experts and inspiring young guests, we explore the world of work and help students answer big questions like **"What do I do next?"** and **"What am I good at?"**. There's also practical advice on networking, CV writing and what to do in interviews.



BBC Bitesize Careers Podcast ↑



## NEW QUIZZES

Do your students have no idea what job would suit them? Or have they ever considered an apprenticeship? Why don't they try our brand new quizzes which help them answer the questions "What is your perfect job?" and "Which apprenticeship would suit you?"

[Careers Quiz](#)[Apprenticeships Quiz](#)

## CAREERS TOOLKIT

The CV toolkit gives practical advice on how to make a brilliant first impression on potential employers. As well as explaining what should and shouldn't be included, it has example CVs and a fun template to get you started. The cover letter toolkit gives tips and advice to help your application stand out from the crowd.

[CV Toolkit](#)[Cover Letter Toolkit](#)[Explore Jobs](#)

## CAREERS A-Z

Find the perfect pathway for your students with our job profile videos. Discover how their favourite school subject can help them in the world of work, or search by an industry that interests them. Exploring jobs that require or align with certain subjects can be a great way to help young people recognise skills and interests that could inspire a future career pathway. Sorted by subject area, they can focus on the subject they excel at and discover where it could take them.

To find more free resources that can be used during National Careers Week, keep an eye on the dedicated web page:

[What's on –  
BBC Bitesize Careers.](#)

**BBC**  
**BITESIZE**  
**CAREERS**

# VIRTUAL CAREERS FAIR!

Every year since 2020, we've delivered a multi-room Virtual Careers Fair (VCF) and this year's no different.

We'll have rooms sponsored by our headline sponsors, partners and friends across all types of organisations in loads of sectors:

- business
- industry
- charity
- government
- health
- education
- manufacturing
- logistics
- and loads and loads of others.

Click on the graphic below to go through to the VCF page, and find the countdown clock and video guide to what you can expect from Day One of #NCW2025 onwards!

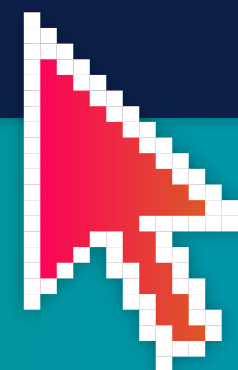
# #NCW2025

## VIRTUAL CAREERS FAIR.

Headline Partner:



**NatWest** Thrive





# OUR PARTNERS:



NatWest  
Thrive



[nationalcareersweek.com](https://nationalcareersweek.com)

National Careers Week

# NCW