

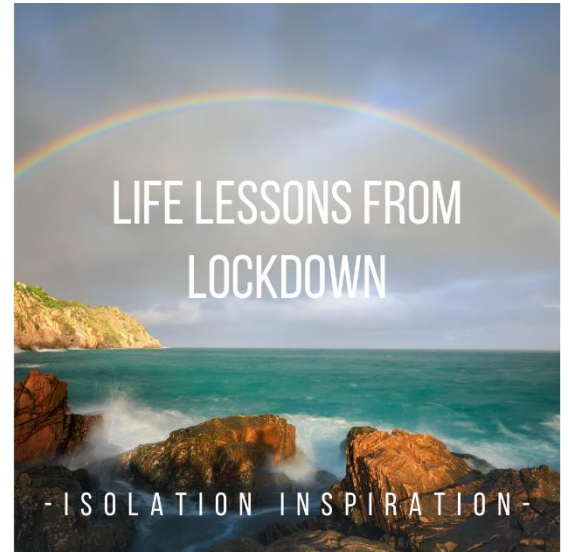
## ISOLATION INSPIRATION #3

### 11 Life lessons from lockdown

We've all adapted to **new ways of working** during lockdown – whether that's studying for school or earning our living. Change takes some getting used to, but change is also a chance to learn **new skills** and **develop resilience**.

We asked our Enterprise Advisers (volunteers who link schools with the world of work) to share their experiences and pass on advice they'd give to their 16-year-old self.

Enjoy their stories: **which life lessons work for you?**



#### 1) [Click here to listen to Zitah McMillan](#)

Chief Executive Officer and Co-Founder, [Predictive Black financial software](#)

*"Just because the world is going through a crazy period doesn't mean you have to stop thinking about your future. Keen on planning. Be less afraid of what comes next. You'll have a very exciting ride. Take risks, enjoy the process."*



#### 2) [Click here to listen to Kai Maslin](#)

Commercial & Finance Director at [Henderson Scott](#)

*"When looking for your career path, think what am I passionate about? Play to your strengths. What will make you want to wake up in the morning?"*



#### 3) [Click here to listen to Dr Akinseye Olatokunbo Aluko](#)

Programme leader and lecturer at the [University of East London](#)

*"You need 'mental wealth' – being well equipped before you go into university or into work with IT skills, communication skills, interpersonal skills, leadership skills."*



#### 4) [Click here to listen to Leigh Anderson](#)

Managing Director at [Bis Henderson](#), supply chain and logistics specialists

*"The most important thing in work is the people. If you're good at managing relationships, you'll do really well. Not everybody's super confident, but you can teach yourself. Join clubs and societies, team sports, public speaking, travel."*



#### 5) [Click here to listen to Karen Hayns](#)

Business, lifestyle and health coach and founder of [Future Perfect Consulting](#)

*"Do the things you love and get the most enjoyment from. Work out what they are. Talk to teachers, friends, family. People will tell you what you are good at."*



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**6) [Click here to listen to Zoe Spicer](#)**

Human resources specialist and [Hult Ashridge Business School](#) instructor

*"I said yes to every opportunity that came along, even though I felt underconfident. ... Get out there and use whatever experience you're given."*

**7) [Click here to listen to James Hakesley](#)**

Chief Executive Officer and Co-Founder of [Cube Video](#)

*"Never stop learning. Never take anything for granted. If you're going to spend time doing something, make sure it's what you want to do. Follow that passion."*



**8) [Click here to listen to Heather Holman](#)**

Senior Project Manager for Distribution at [John Lewis](#)

*"It really doesn't matter if you don't know what to do next. Try out lots of different jobs through work experience, volunteering or temporary work. Look for companies who share your values."*



**9) [Click here to listen to Laura Dentith](#)**

Senior Human Resources Business Partner at [Balfour Beatty](#) construction company

*"Don't worry if you don't know what your dream job is yet. Work hard to keep your options open, so when you find something you love, you can grab it with both hands."*



**10) [Click here to listen to David Hall](#)**

Managing Director at [Cloudy Group](#) IT company

*"If you've got an idea or like a certain industry, find out more about it and how it works. Be focused, be productive, be resilient. These will get you through life."*



**11) [Click here to listen to Ash Taylor](#)**

Business Coach, founder of [The Business Clubhouse](#)

*"If you think about what you can do rather than what you can't do, there's a real opportunity to improve your education, improve yourself physically and mentally."*



**Activity 1: Make your own life lessons video for your 40-year-old self**

Your own experiences are equally important! Use your smartphone to make your own video (no one else has to see it!) to remind your 40-year-old self what you've learned from lockdown. Finish these starters:

1. *Lockdown has taught me lots about myself as a person, such as ...* [for example: 'I'm actually pretty good at finding a solution when I'm stuck on something, like when I...']
2. *Lockdown has given me time to focus on what I want for my future ...* [for example: 'I'm looking at university courses and exploring apprenticeships.']
3. *I've learned new skills during lockdown ...* [for example: 'I motivate myself by making a plan at the start of each day.']

**Activity 2: See where the speakers work**

Click on the link to the website where each speaker works. What does their company do? Could you see yourself working there?