

A-Z

**Amazing**
Apprenticeships



Male Apprentices

INSPIRING • CONFIDENT • AMAZING

WWW.AMAZINGAPPRENTICESHIPS.COM

A word from Anna Morrison CBE...

I am the founder and director of a forward-thinking company called Amazing Apprenticeships. I have been working in the education sector for the past 22 years and in this time, I have had the pleasure of meeting thousands of inspiring, confident and amazing apprentices from across England and indeed across the rest of the world.

Following the success of 'The Apprenticeship A-Z of Women at Work' released to celebrate International Women's Day, we have now created this pack for International Men's Day. We have partnered with leading men's mental health charity CALM (Campaign Against Living Miserably). 2020 has brought the importance of mental health into sharp focus for us all. We know that statistically, every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this.

Through this brilliant resource, we want to introduce individuals across



the world to some amazing male apprentices, and to inspire them to find out more about the wide and exciting range of job roles available.

I hope you enjoy reading about their stories.

.....

Anna Morrison CBE

Director

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Contents...

A	Josh Shailes - Assistant Data Scientist	4
B	Declen Vaughan - Bakery Engineering	5
C	George Herritts - Cabin Crew	6
D	Jack Gurton - Digital Learning Designer	7
E	Jordan Brosnan - Engineer, Reliability	8
F	Connor Moir - Firefighter	9
G	Vinnie Lart - Global Sales	10
H	Junaid Yousaf - Hairdresser	11
I	Joe Cross - Intelligence, Defence Geographer	12
J	David Chipakupaku - Journalist	13
K	Rogan Quinn - K-9 Rehoming Manager	14
L	George Meakin - Laboratory Scientist	15
M	Akeem Graham - Media Broadcast Camera Operator	16
N	Ryan Donaldson - Nurse	17
O	George Tomlinson - Optical Assistant	18
P	Nathan Nottage - Project Manager	19
Q	Qasim Khattak - Quantity Surveyor	20
R	Augustin Harvey - Research Scientists	21
S	Ben O'Connor - Software Developer	22
T	Jack Bark - Technology IT Solution Architect	23
U	Matthew Gill - Undertaker	24
V	Tim Farmer - Veterinary Nurse	25
W	Where are you? Where do you want to be?	26
X	X marks your apprenticeship spot!	27
Y	Josh Adcock - Youth - Policy and Research Coordinator	28
Z	Cian Macleod - Zoo Keeper	29



Josh Shailes

ASSISTANT DATA SCIENTIST



**Cambridge
Assessment**



WHAT APPRENTICESHIP ARE YOU DOING?

BSc Data Science, Level 6

WHAT'S YOUR JOB?

My job role is to work closely with the team to achieve the greatest insights from the data available. Some day-to-day tasks include compiling reports, cleaning data, background research on topics for certain projects and a lot of testing and writing code.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, the most exciting, and my favourite project has been working to develop a web app for internal use. This web app allows users to either search for a word and find where it has been used in previous exam questions or it can be used to aid content creation. The user enters a passage of text and the app will say whether this text is at the correct level of difficulty for the exam.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting the apprenticeship has been starting to study for a degree and being able to apply what I have learnt immediately. Seeing results for your efforts will always be rewarding.

WHICH MALE HAS INSPIRED YOU AND WHY?

SIR MO FARAH He has proved that whatever life throws at you, you can still achieve great things.



Declen Vaughan

**BAKERY ENGINEERING
TECHNICIAN**



WHAT APPRENTICESHIP ARE YOU DOING?

Food and Drink Engineering Maintenance, Level 3

WHAT'S YOUR JOB?

My job role includes completing planned electrical and mechanical maintenance activities on the plant shutdown days. For example, replacing the motor on a conveyor or stripping a machine down. Throughout the day, I respond to 'callouts', which is when machines and related equipment fail during operation and we are 'called out' to help. These callouts can range from an oven failure to a bagging issue.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting project I have worked on was when I helped plan, prepare, and implement a new control system for a machine. This involved installing new electrical equipment to the existing machine, removing the old PLC (Programmable Logic Controller), writing the program for the new PLC, pre-wiring the new PLC and the installation and testing of the new system.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship has been to be able to help in the recruitment of the new apprentices for the company. This involved holding a presentation and Q&A session, a tour around the college and supporting the new apprentices in their assessment activities.

WHICH MALE HAS INSPIRED YOU AND WHY?

ELON MUSK From co-founding PayPal to forming SpaceX, Elon has shown determination in the things he believes in.

**"THE EXPERIENCES AND SKILLS YOU WILL GAIN WORKING
IN SUCH A FAST-PACED INDUSTRY ARE UNMATCHED"
DECLEN VAUGHAN**



George Herritts

CABIN CREW

easyJet



WHAT APPRENTICESHIP ARE YOU DOING?

Cabin Crew, Level 3

WHAT'S YOUR JOB?

My job role is primarily about focusing on safety of passengers and fellow crew on board the aircraft. A typical day starts early for a check-in time an hour before departure time. We then welcome our passengers and complete a safety demo. During the flight we provide onboard bistro and boutique service for our customers.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting and interesting thing I've taken part in at easyJet was being one of the very first Cabin Crew in the industry to complete an apprenticeship. I am one of the few in the industry with a Distinction in this qualification.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeships has been achieving Cabin Crew Apprenticeship Ambassador of the year 2019. I achieved this for taking on an additional responsibility as an ambassador for the apprenticeship programme, taking part in assessment days for new candidates and visiting colleges around West Sussex. I have also run a stall for easyJet at a careers evening as well as taking part in a live Q&A with over 300 parents and students.

WHICH MALE HAS INSPIRED YOU AND WHY?

NIKI LAUDA His family were trying to usher him down a different career path, but his refusal is like me not going to uni.

6 "TAKE EVERY OPPORTUNITY YOU CAN GET. DON'T BE AFRAID TO TAKE A DIFFERENT VIEW FROM YOUR FRIENDS OR FAMILY"
GEORGE HERRITTS



Jack Gurton

DIGITAL LEARNING DESIGNER



WHAT APPRENTICESHIP ARE YOU DOING?

Learning and Development Practitioner, Level 3

WHAT'S YOUR JOB?

My job role is to help support the company with their e-learning in all sectors. This involves using a design program 'Adapt' to create and edit existing courses, making them fun and engaging. Other tasks include meetings with subject matter experts to review courses and identifying key points that need including in the courses.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, the most exciting project I have worked on was with the health and safety training officer, reviewing existing e-learning courses. I was able to add interactive elements to the course including videos as well as images of myself using ladders to give specific examples. I enjoyed using my creative design skills to improve the existing course and make it more relevant.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment has been meeting and being a part of the team. Having a voice for creative opinions and feedback in meetings has been brilliant and fills me with confidence for the future ahead.

WHICH MALE HAS INSPIRED YOU AND WHY?

MY DAD We often play sports and socialise together. He keeps me motivated and consistently pushes me out of my comfort zone. Although at the time I may not enjoy that, it helps me to improve and makes me a better version of myself.



Jordan Brosnan

ENGINEER, RELIABILITY



WHAT APPRENTICESHIP ARE YOU DOING?

Electrical and Mechanical Engineering, Level 3

WHAT'S YOUR JOB?

My job role is to manage the maintenance and improvement projects at the Morpeth production site. I am responsible for the engineering maintenance budget and the effective delivery of both planned and unplanned works to ensure the continued efficiency and improvement of the production line.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I am currently working on a project which adopts Industry 4.0 concepts by using real-time data to predict maintenance. This is done by programming extra signals and utilising data which is already available to produce a risk report of various pieces of equipment. The aim is to reduce unnecessary maintenance, therefore reducing costs, whilst simultaneously increasing the lifespan of various pieces of equipment.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment was being asked to speak at the Food and Drink Federation Annual Appetite for Engineering Event. I was asked to deliver a presentation regarding reducing costs and continuous improvement and was speaking alongside people who had considerably more experience than me in manufacturing. At this event, I also went on to win the "Young Engineer of the Year" award.

WHICH MALE HAS INSPIRED YOU AND WHY?

ELON MUSK Now a household name, Musk started with a far-fetched idea and showed resilience in the face of adversity. Musk has reshaped the worlds view.

S "AN APPRENTICESHIP IN ENGINEERING WILL GIVE YOU THE BASIC BUILDING BLOCKS TO CHANGE THE WORLD" JORDAN BROSINAN



Connor Moir

FIREFIGHTER

County Durham and Darlington
Fire and Rescue Service



WHAT APPRENTICESHIP ARE YOU DOING?

Operational Firefighter, Level 3

WHAT'S YOUR JOB?

As an Operational Firefighter, my job role is to protect life, property and the environment at operational emergencies. My typical working day varies wildly from shift to shift, from fitting smoke alarms to providing fire safety talks at schools and events. This is all of course while attending emergency calls, which can also vary from house fires, Road Traffic Collisions, water rescues and all things in between.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting project I have worked on was representing my organisation as the standard bearer for the 2019 Festival of Remembrance in Durham Cathedral for Remembrance Sunday. I felt very privileged to have such an important role for such a high profile event.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship was being awarded the Silver Axe for my cohort at the end of my initial Firefighter training. The Silver Axe is historically awarded to the best recruit on a course, and it made me so proud that my trainers recognised my dedication and hard work across that year.

WHICH MALE HAS INSPIRED YOU AND WHY?

SIR DAVID ATTENBOROUGH He is hardworking and dedicated in his passion for animals and the planet.

**"BEING KEEN, SMART AND CHEERFUL GOES A VERY LONG WAY.
PUT IN WHAT YOU EXPECT TO GET OUT!"**

CONNOR MOIR



Vinnie Lart

GLOBAL SALES



WHAT APPRENTICESHIP ARE YOU DOING?

Business-To-Business Degree Apprenticeship, Level 6

WHAT'S YOUR JOB?

My job role is managing all pricing work within the BT Connect Pricing teams, ensuring that there is a smooth running's of operations; to also ensure any pricing work that comes in (whether a very small bid, or a multi-million-pound bid) is assigned to someone within my team and is completed on time. I do things such as managing the weekly workflow, making sure that the pricing team are being efficient and meeting deadlines.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say the most exciting project I have worked on was when I helped to complete a 20,000 lines pricing request, which was completed within a week. But to put it into context, 1,000 lines of pricing normally takes 1 week to complete, so doing over the typical standard alongside my team was something incredible, that I will never forget.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship has been going to the BT Tower and being able to ask questions to top BT Executives and the Head of Apprenticeships in the UK, which was all live streamed for the entire company of BT to see! An incredible moment which I thoroughly enjoyed.

WHICH MALE HAS INSPIRED YOU AND WHY?

"IRON" MIKE TYSON He inspires me as an individual who came from a very rough background. Through hard work, discipline and dedication, anything is possible.

10 **"YOU NEVER KNOW UNTIL YOU TRY. IF IT SEEMS INTERESTING, TRY IT! DON'T LET ANYONE TRY AND CHANGE YOUR MIND"**
VINNIE LART



Junaid Yousaf

HAIRDRESSER



TONI & GUY™

WHAT APPRENTICESHIP ARE YOU DOING?

Hair Professional, Level 2

WHAT'S YOUR JOB?

My job role is to assist stylists and technicians, making sure everyone has what they need for their service and keeping the salon clean and tidy. I have also started doing fringe trims and blow dries in the salon as I want to qualify in styling.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say the most exciting project I worked on was assisting the technician on his model for Wella trend vision. It was a great experience to see what happens before and during a shoot and assisting him with the styling of the hair, it was a great learning curve to see the work that goes into a photoshoot.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship is when I entered the assistant's competition. It was a fun experience to see everyone from level 1-3 showcase their work and it was great because even though we're all part of the same company, everyone's work was different.

WHICH MALE HAS INSPIRED YOU AND WHY?

TONI MASCOLO He came to London in the 1950's and opened the first Toni & Guy in 1963. With the passion for friends, family and hair, he has managed to re-shape the hairdressing industry to provide the foundations for the next generation of hair icons.

"WITH THE RIGHT EDUCATION, THE RIGHT PEOPLE, AND THE RIGHT MINDSET YOUR DREAMS WILL BLOSSOM INTO REALITY"

JUNAID YOUSAF



Joe Cross

**INTELLIGENCE, DEFENCE
GEOGRAPHER**



**Ministry
of Defence**



WHAT APPRENTICESHIP ARE YOU DOING?

Leadership and Management, Level 5

WHAT'S YOUR JOB?

My role is to lead the team in the management of geospatial products, providing specialist knowledge and advice about Africa and the Middle East: and to enable situational awareness for decision-makers and Provisioning teams.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The rationalisation of our hard copy mapping archive, which included maps dating back to the late 1800's. I lead the team that successfully identified items of historical importance to be retained. Then, instead of disposing of the maps that we no longer needed to keep, I contacted universities and libraries, so that a new home would be found for them.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

Being put forward for temporary promotion by my manager and being trusted to lead a larger team. This gave me the opportunity to gain even more experience and to test the techniques and skills that I learnt on the apprenticeship. I have also been providing advice and my experience of apprenticeships to colleagues.

WHICH MALE HAS INSPIRED YOU AND WHY?

CAPTAIN SIR TOM MOORE A veteran of WW2 and former apprentice who at the age of 99, attained 2 World Records, including for his individual charity walk that raised £38.9m for the NHS! It shows you're never too old to achieve great things!



David Chipakupaku

JOURNALIST

sky news



WHAT APPRENTICESHIP ARE YOU DOING?

Journalism, Level 3 (Completed)

WHAT'S YOUR JOB?

I work odd hours - midnight until 10am. Usually, I am asked to build a "package". This is a two to three minute report which goes out on TV. My job will be to pull the elements of the package together i.e. video, voice recording from correspondent and graphics. I've been very lucky to write questions for The Chancellor, the Housing Secretary and the Equalities Secretary during this pandemic.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I was working the night President Trump went to hospital with COVID-19. When that story broke, we were about 30 minutes from going to air. We divided jobs, hit the phones, and rolled with the story all morning. I was lucky enough to book representatives from Democrats Abroad on the show.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment has probably been writing our LGBT+ Style Guide. As someone who's queer, it's super important to me that our community is represented accurately. I saw that we had a gap in our style guide and I worked to create something which the whole newsroom could use. Almost a year later, we still use the guide.

WHICH MALE HAS INSPIRED YOU AND WHY?

PATRICK STRUDWICK He used to be BuzzFeed News' LGBT+ editor. In his time at the company, he wrote some amazing, often heart-breaking, stories.

"NEVER BE AFRAID OF CRITICISM. PEOPLE WANT TO SEE YOU SUCCEED. THEY'RE TELLING YOU THESE THINGS FOR A REASON" **13**
DAVID CHIPAKUPAKU



Rogan Quinn

K-9 REHOMING MANAGER



WHAT APPRENTICESHIP ARE YOU DOING?

Team Leader/Supervisor, Level 3

WHAT'S YOUR JOB?

My role involves leading a team of Canine Carers, who provide daily care and training for the many dogs in need of loving home. I manage a team to ensure the dogs receive the high level of welfare they need and that we help to find the dogs in our care their forever homes.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

Learning about different communication styles and sharing this with my team through a group activity was one of my highlights. Understanding how your colleagues prefer to work and how they communicate is an essential part of performing well as a team.

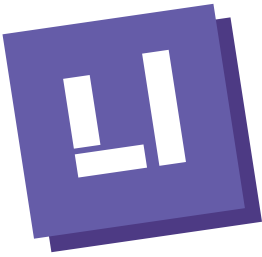
WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

Obtaining feedback from my colleagues was an important part of gathering evidence for my portfolio. In areas of my role that I was lacking confidence, I soon realised that with the feedback I had received and action I had taken, I had made some positive steps forward.

WHICH MALE HAS INSPIRED YOU AND WHY?

MY GRANDAD Some of my fondest childhood memories are of playing in my grandad's garden with his two Border Collies (where I first fell in love with dogs!). He then encouraged me to pursue a career working with animals. My grandad is a positive, pro-active person, and although he is over 70, that doesn't stop him volunteering daily, and climbing Snowdon every year without fail. His attitude towards life has certainly inspired me!

14 "DOING AN APPRENTICESHIP WILL HELP YOU TO GROW, AND THE BENEFITS WILL EXTEND TO YOUR TEAM, AND THE ANIMALS"
ROGAN QUINN



George Meakin

LABORATORY SCIENTIST



WHAT APPRENTICESHIP ARE YOU DOING?

Laboratory Scientist, Level 6

WHAT'S YOUR JOB?

I work in a Biopharmaceutical Process Research group. My main role is to design and transfer manufacturing processes for antibody/protein-based drugs for diseases such as cancers, respiratory diseases, and neurological disorders. I use scientific techniques such as Liquid Chromatography, Gel Electrophoresis and many more!

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I helped in the development of a new type of antibody filtration system, working with manufacturers to design, test and validate the instrument. I also performed all of the in-house development activities to allow the filtration system to be integrated into standard antibody development workflows.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

Seeing a new drug for a type of blood cancer (multiple myeloma) which was developed by my department (and some of my colleagues) being approved for use in the US and EU this year. This drug is a first in class and will be able to treat patients who previously had no alternative options.

WHICH MALE HAS INSPIRED YOU AND WHY?

EDDIE HALL (Former World's Strongest Man)

He shows that if you put your mind to something, and want it enough, you can achieve the seemingly impossible.

"THERE ARE LOTS OF OPPORTUNITIES IN SCIENCE AND STEM CAREERS, YOU SHOULD BE ABLE TO FIND AN AREA THAT INTERESTS YOU"
15
GEORGE MEAKIN



Akeem Graham

**MEDIA BROADCAST
CAMERA OPERATOR**



WHAT APPRENTICESHIP ARE YOU DOING?

Media Production, Level 3

WHAT'S YOUR JOB?

My job role is to be on constant call for programmes (such as the One, Six and Ten o'clock News etc) and journalists (UK Newsgathering, World service, Digital etc) who are working a story and need a camera crew. My job can vary from a quick zoom interview, a few days filming abroad or filming departure shots of the Prime Minister outside Downing street. Every day is different, and you must be prepared for all types of situations.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I think filming at Liverpool's training ground ahead of their Champions League final against Tottenham. I had the pleasure of being second camera in an interview with the legendary manager, Jurgen Klopp, and Player of the Year, Virgil Van Dijk. I got pictures with them both and the interviews aired on BBC Breakfast.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment has to be graduating from the Apprenticeship scheme. I was given the opportunity to make a graduation video, give a speech about my journey and also was presented with the 'Promising leader Award'. The day reflected all my hard work over the 12 months of my course, which didn't go unnoticed by my employers.

WHICH MALE HAS INSPIRED YOU AND WHY?

RAHEEM STERLING He inspired me as a young black boy who made it out of Northwest London, where I am from. He has faced criticism over the years, but never gave up and kept striving. He is now undoubtedly one of the best young talents in the world.



Ryan Donaldson

NURSE



**Lincolnshire Community
Health Services**
NHS Trust



WHAT APPRENTICESHIP ARE YOU DOING?

Registered Nurse Degree Apprenticeship (Hons), Level 6

WHAT'S YOUR JOB?

My job role consists of providing quality, effective, patient centred care. Demonstrating dignity, compassion, and empathy. I give out medications with supervision and can complete practical skills such as taking blood, inserting cannulas and performing electrocardiograms.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I have recently worked on a pilot telehealth scheme. This consisted of patients getting an adapted telephone at home that when they picked up, was able to read their temperature, O2 saturations, pulse rate and give an electrocardiogram reading. This is still a work-in-progress to research the reliability of these products and to see if they would help in providing more efficient community care.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting is being able to continue my studies and passing my dissertations during the coronavirus pandemic. This has been very challenging trying to keep my focus on studying and progressing through the degree course.

WHICH MALE HAS INSPIRED YOU AND WHY?

SIR DAVID ATTENBOROUGH Still doing what he loves at 94 years old, what an incredible man! Not that I want to still be nursing at that age, but it proves that longevity can come if you do something that you enjoy.

"WE NEED MORE MALES. NURSING IS VERY STEREOTYPICALLY FEMALE. BE YOURSELF AND YOU WILL ACCOMPLISH GREAT THINGS"
RYAN DONALDSON 17



George Tomlinson

OPTICAL ASSISTANT

Specsavers



WHAT APPRENTICESHIP ARE YOU DOING?

Optical Assistant, Level 2

WHAT'S YOUR JOB?

My role is to support, advise and help customers during all aspects of their visit to the Opticians. My role varies throughout the day, from clinical, dispensing to meet and greet collections. I aim to spread positivity always, both to my colleagues and customers.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

Prior to being an apprentice, I worked on a project working with disadvantaged young adults, often with mental health and behavioural challenges, my role was to help them to complete Level 1 leading to level 2 sporting qualification (BTEC). This was exciting as I was involved from the beginning to completion and I used my own personal experiences / mental health journey to support the young adults.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

Very early on in my apprenticeship, I was faced with a challenging customer who had issues with her spectacles which was impacting on her quality of life. I attentively listened to what the issues were, as a more experienced colleague wasn't available, and successfully supported her and dispensed the correct spectacles.

WHICH MALE HAS INSPIRED YOU AND WHY?

ARNOLD SCHWARZENEGGER Primarily, as he has developed both himself and his career from a body builder to an actor to a political governor. He is quoted as having 6 rules to success 1: Trust yourself 2: Break some rules 3: Don't be afraid to fail 4: Ignore the naysayers 5: Work like hell 6: Give something back. I always use these 6 values in both my home and work life.

**18 "BE POSITIVE AND BACK YOUR OWN ABILITY, WORK HARD AND EVERYTHING THAT YOU DO WILL REAP THE BENEFITS OF THIS"
GEORGE TOMLINSON**



Nathan Nottage

PROJECT MANAGER

MURPHY

WORLD-CLASS INFRASTRUCTURE



WHAT APPRENTICESHIP ARE YOU DOING?

Associate Project Management, Level 4

WHAT'S YOUR JOB?

My job involves tracking and reporting on progress of our projects to the team, communicating what is required from the project and projected outputs, timescales and deadlines to be met, as well as the logistical side, such as planning the deliveries and collection of materials and plant.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say that the most exciting project that I have worked on is what I am currently working on. This project is the construction of 2no. circular shafts which consist of interlocked secant retaining wall piles. This is the most exciting as I am gaining more exposure to different sides of my organisation and different techniques used in my sector of work which is helping me to improve my knowledge and skills every day.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment would be completing my apprenticeship and then getting the opportunity to continue working in my organisation whilst continuing to learn and gain experience in the industry I am working in.

WHICH MALE HAS INSPIRED YOU AND WHY?

WORK COLLEAGUES To be honest, the people I work around everyday as I aspire to continue to work and gain as much experience as I can to then manage more and more projects in my organisation.

**"WORK HARD EVERY DAY AS YOU ARE GAINING VALUABLE
KNOWLEDGE, SKILLS AND EXPERIENCE"**

NATHAN NOTTAGE



Qasim Khattak

QUANTITY SURVEYOR

RLB Rider
Levett
Bucknall



WHAT APPRENTICESHIP ARE YOU DOING?

BSc (Hons) Quantity Surveyor - RICS Chartered Surveyor Pathway, Level 6

WHAT'S YOUR JOB?

I aim to focus on the business needs of my clients and provide a service that enables them to make informed decisions relating to cost at the various stages of a construction project cycle. Services I offer as a Quantity Surveyor include cost planning & pre-tender estimating, producing tender and contract documents, conducting valuations on site, issuing financial statements, cost reporting and attending meetings with design teams and clients.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

I'd struggle to pick; career highlights include offering services on projects such as HS2, Dudley Very Light Railway, Qiddiya City (Saudi Arabia), I.M Properties Headquarters, a football stadium and many other exciting projects.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

I wouldn't be able to pick this either; I am grateful for all the achievements and special moments I've had during my career. I have experienced projects and the industry at an international level.

WHICH MALE HAS INSPIRED YOU AND WHY?

KHABIB NURMAGOMEDOV He is a UFC champion who has gone on to become one of the best martial artists of all time despite facing challenges including poverty very early in his life. He has shown that anyone can be special in their chosen career regardless of what a person has had to face and overcome in life.

**20 "BE COMMITTED TO BECOMING THE BEST VERSION OF YOURSELF
AND DON'T FEEL ANY NEED TO COMPARE YOURSELF TO OTHERS"**

QASIM KHATTAK



Augustin Harvey

RESEARCH SCIENTIST



AstraZeneca 

WHAT APPRENTICESHIP ARE YOU DOING?

Technician Scientist, Level 5

WHAT'S YOUR JOB?

I work on translational science research projects which look to speed up the time from research to bedside, and this includes setting up and developing experiments. Most days I have work to do in the laboratory setting, experiments, analysing data and writing up the experimental results.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting project I have been on so far was the development of a set of new experiments which helped to measure activity of a key immune cell. We can see how these cells are affected under different conditions and these essays should be helpful to future projects too!

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment was during National Apprenticeship Week where, within the company, all of the apprentices got together for a day and gave talks on the work they have been doing. It was incredible to see the diversity and complexity of the work people had been doing. It was a very inspiring day!

WHICH MALE HAS INSPIRED YOU AND WHY?

STEPHEN HAWKING Through hard times for him and his family, his dedication to his research never faltered. I have an incredible amount of respect for him and the work he managed to do. It is truly inspirational to see what he was able to accomplish.

**"BE OPEN TO OPPORTUNITIES, STAYING IN YOUR COMFORT ZONE 21
WILL ONLY GET YOU SO FAR. DON'T BE AFRAID TO PUSH BOUNDARIES"
AUGUSTIN HARVEY**



Ben O'Connor

SOFTWARE DEVELOPER



BENTLEY



WHAT APPRENTICESHIP ARE YOU DOING?

Software Development, Level 4

WHAT'S YOUR JOB?

My job role is to develop mobile and web applications for many different purposes within Bentley. This ranges from making data more accessible, to creating systems within production which can help improve process times and identify areas for improvement.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say the most exciting project I have worked on was when I helped to plan, co-ordinate and develop an application for the Board. I have developed the mobile area of this project and the way in which it functions is something I'm pleased with due to many moving parts within the project.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship has been presenting to the Board twice on an app I have developed for Sales & Marketing. The way in which this was the first project that I have coordinated, seeing this come to fruition was a great feeling.

WHICH MALE HAS INSPIRED YOU AND WHY?

CHRISTIAN GUZMAN Who is a very successful entrepreneur has demonstrated to me the way in which work ethic and resilience are two very important factors in following your passion. In addition to this is the way in which being proud of your work is always the goal, but then also doing your utmost to improve again next time.



Jack Bark

**TECHNOLOGY, IT
SOLUTION ARCHITECT**



WHAT APPRENTICESHIP ARE YOU DOING?

Digital and Technology Solutions, Level 6

WHAT'S YOUR JOB?

As an IT Solution Architect, I specialise in delivering large IT transformation projects in heavily regulated environments, working with high-profile public sector clients to realise complex business requirements using technical solution designs. Daily tasks include attending requirements gathering workshops, creating solution designs, liaising with key stakeholders to manage delivery expectations and solving live service issues.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

To date, the most exciting project I've worked on is the one I'm currently working on. The project is part of a top priority UK Government programme. It's exciting because when we first went live with the service, I was on client site making sure the first few transactions went through smoothly, without any issues. It was a tense few hours but so rewarding in the end and ultimately so important to the UK economy.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

I organised a mock assessment centre at a nearby school to help students understand what to expect of assessment days in the future. I was extremely proud of the event. The local MP came down to the school along with the local press.

WHICH MALE HAS INSPIRED YOU AND WHY?

DWAYNE JOHNSON Dwayne Johnson has always inspired me due to his passion towards other people, doing what he loves and his work ethic.



Matthew Gill

UNDERTAKER



It's what we do



WHAT APPRENTICESHIP ARE YOU DOING?

Funeral Director, Level 3

WHAT'S YOUR JOB?

My job role is to be the custodian of the deceased and master of ceremonies. I help and support families to ensure that their loved one gets the send off they deserve. A typical working day involves me arranging and conducting funerals, leading my team, which can include helping to prepare and dress the deceased, as well as being a team player so that we work together to ensure that the deceased is looked after.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

All the charity events I have organised to help and support my local community whilst raising money for MIND. These have included activities such as cycling 80 miles on a static bike and seeing what it is like to be homeless by sleeping out on the wettest night this summer. As well as becoming a 'Wellbeing Champion' for Co-op Funeralcare in Plymouth, after attending a course provided by MIND.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

Every time a family says, 'Thank you' and you can see that you have made a difference for a family because they write in and express how grateful they are for my support.

WHICH MALE HAS INSPIRED YOU AND WHY?

MY DAD Growing up he did everything for us. He instilled a good work ethic, and life ethic, and it is because of him that I am able to do the job I do now.



Tim Farmer

VETERINARY NURSE

Vets4Pets
Putting your pet first



WHAT APPRENTICESHIP ARE YOU DOING?

Veterinary Nursing, Level 3

WHAT'S YOUR JOB?

My role is to help the Vets and Nurses with the care and treatment of our patients. Some typical tasks include holding patients for examination, injections and placing of IV catheters, preparing the surgical theatre, helping to prepare the patients for surgery, cleaning the instruments and theatre at the end of the day, feeding the surgical patients and cleaning the kennels.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say the most exciting case I have worked on would be my first orthopaedic surgery, where I assisted the Vet with taking the x-rays of the limb and I then assisted on the day of surgery by prepping and cleaning the surgical site. I also got to watch the surgery.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeship has been placing an IV catheter on my first try!! I didn't expect to get it in on my first attempt, but I did, and I was very proud of myself.

WHICH MALE HAS INSPIRED YOU AND WHY?

MY DAD He has been very supportive throughout my life and I hope I can give as much support for our patients as he does for me.

**"DON'T BE AFRAID TO SHOW YOU CARE, YOU WILL DEAL WITH 25
DIFFICULT CASES AND SHOWING COMPASSION GOES A LONG WAY"
TIM FARMER**



Oleksiy Byeshlyev

WAREHOUSE OPERATIONS

amazon



WHAT APPRENTICESHIP ARE YOU DOING?

Business Improvements Techniques, Level 2

WHAT'S YOUR JOB?

My job role is to support the continuous workflow on the centre floor and to improve work process efficiency. Some typical tasks in a working day include planning our day through with the Area Manager, setting up and directing the support team.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

So far, I would say the most exciting project I have worked on was when I helped to plan and run an improvement project for minimising labour time waste and improving health and safety conditions on the work floor. The most exciting thing about the project is that I was using knowledge, which I have learned at my apprenticeship lessons, so I was able to try and implement our theory into practise at my workplace.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting my apprenticeships 3 months ago has been becoming a proxy leadership, which is a manager assistant within the department.

WHICH MALE HAS INSPIRED YOU AND WHY?

ELON MUSK He is a game changer, who changed our lives with Tesla and is going to change our future with Space X and flights to Mars.

DOES

XX

MARK YOUR

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Josh Adcock

**YOUTH - POLICY AND
RESEARCH COORDINATOR**



WHAT APPRENTICESHIP ARE YOU DOING?

Policy Officer, Level 4

WHAT'S YOUR JOB?

My role is to ensure that government policy is geared towards the real needs of young people. My daily tasks include working toward producing key research reports, keeping knowledgeable with relevant research produced in the youth employment space and informed on government policy affecting young people.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

It would have to be the work of the Youth Employment Group (YEG). We are one of five founding organisations that came together knowing the impacts on young people's employment prospects would be severely damaged by the socio-economic impacts of Covid-19 & the subsequent lockdowns.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment so far was presenting to businesses around England at a Confederation of British Industry event about youth employment. I then joined a roundtable with the Minister for Skills & Apprenticeship to share my employment journey and experiences as an apprentice.

WHICH MALE HAS INSPIRED YOU AND WHY?

DAVID ATTENBOROUGH He epitomises a good human being. His passion, respect and compassion for wildlife and animals is something I have always looked up to. I admire his preservation in trying to protect our planet.



Cian Macleod

ZOOKEEPER



WHAT APPRENTICESHIP ARE YOU DOING?

Animal Care, Level 2

WHAT'S YOUR JOB?

My job role is to provide adequate care for the animals within the zoo and ensure that their health and wellbeing is maintained. Some tasks involved in a typical working day include preparing and providing diets for animals, cleaning out animal accommodations, assisting in handling animals etc.

WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting project I have worked on so far would be having to create a cleaning storyboard about how to clean all different areas of the zoo safely and effectively. My favourite on the job experience however would have to be catching and safely handling Barbary Sheep for hoof trimming.

WHAT IS YOUR PROUDEST MOMENT WITH YOUR COMPANY?

My proudest moment since starting would be finally learning and feeling comfortable in my own section of the zoo. Doing this the first time was very rewarding and made me feel accomplished and more independent.

WHICH MALE HAS INSPIRED YOU AND WHY?

DAVID ATTENBOROUGH His inspiring determination to raise awareness of the problems of global warming, deforestation and another environmental crisis is extremely motivational.

**"IF YOU ENJOY SOMETHING, THEN STICK AT IT, DON'T GIVE UP. 29
NEVER LET ANYONE STAND IN THE WAY OF ACHIEVING YOUR DREAMS"
CIAN MACLEOD**

DO YOU

FEEL INSPIRED?

WANT TO

MAKE YOUR MARK?

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CALM is the **C**ampaign **A**gainst **L**iving **M**iserably and we're leading a movement against suicide, the single biggest killer of men under the age of 45 in the UK, through frontline services, national campaigns, and by building communities.

We run a free and anonymous helpline and webchat service from 5pm to midnight 365 days a year for anybody who needs us at **thecalmzone.net**

IN SUPPORT OF

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

We're here for everyone who's struggling with life, no matter who they are, where they're from or what they're going through. People talk to us about all sorts of topics: **isolation, anxiety, relationship concerns, health worries, financial stress** and **suicidal thoughts**. **It's important that everyone knows they aren't alone.**

We answer over **12,000** calls and webchats **every month**. Each call is different, from people having a 'bad day' who just want to talk things through to those feeling suicidal. From talking about their everyday life through to those who want to talk specifically about issues like anxiety or family problems. And that's what makes the helpline so vital. It's about being there for everyone. Whatever challenges people are facing, we **listen, talk** and **plan together** so they can begin to **look to the future**.

At the time of writing this we are making our way into 8 months of Covid-19 restrictions, and **CALM's** life-saving services continue to be needed more than ever.

Since the beginning of lockdown the **CALM** helpline has answered **84,954** calls and chats and directly **prevented 282 suicides**.

That's over **14,500 hours** talking to people and **767,260 chat messages** exchanged.

With the help of our amazing supporters we'll continue to be there for whoever needs us - no matter what.

We know it can take a lot to pick up the phone or start that webchat. It can feel like the biggest thing in the world to start the conversation. But talking it out with a trained professional can really help. **It could be the first step to a future where you don't feel the weight of everything that you're struggling with.**

That's why we just want to finish by saying to anyone reading this: if you ever need to talk to us we're here for you, every day between 5pm and midnight, no matter what.

To access support call **0800 58 58 58** or head to **thecalmzone.net**

 @calmzone  @theCALMzone  @theCALMzone



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