

# Supporting Your Child's Careers Journey:

## A Parent's Guide to the Careers Fair

## How to get the most out of a careers fair

### Research and Prepare Together

Researching different industries online to understand the types of careers available in each field helps so that your child can target the employers who they are most interested in. Exploring the websites of companies or organisations attending the careers fair to learn more about them and live job opportunities is a good idea. They can prepare for who is attending and can think about relevant questions to ask.

### Set Goals

Setting a goal to speak with representatives from at least three different industries to explore a range of career options is a good idea. Try and help your child to narrow down industries they are interested in and set some goals for them to explore these. Plan a number of questions they can practise and ask each employer to encourage participation.

### Practise Introductions

Practising introductions such as, "Hello, my name is [Name]. I'm interested in learning more about your organisation and the career opportunities available." Rehearsing confident body language, such as maintaining eye contact, offering a firm handshake, and speaking clearly and articulately.

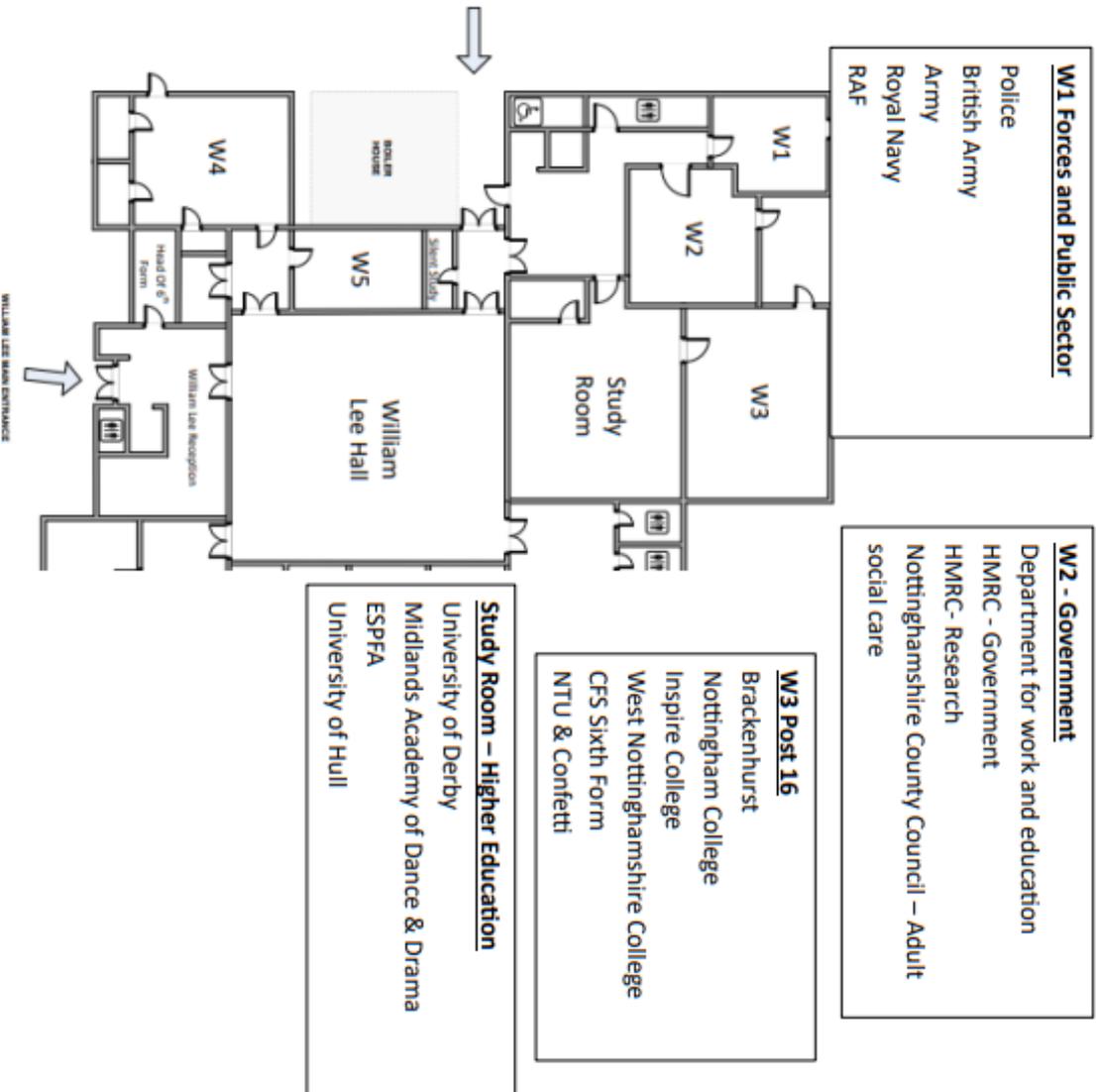
### Ask Questions

Asking questions like, "What are the typical responsibilities of someone in this role?" or "What qualifications do you look for when hiring for this position?" Enquiring about opportunities for internships, apprenticeships, or work experience to gain practical insight into a particular industry.



**Vendor Map For Careers Fair 2026**

- William Lee Hall**
- Automotive Technology**  
Lear  
Beauty
- Keith Halls**
- Construction and Estate Agencies**  
David James  
Edsons  
Into Construction  
Action for Construction  
BAM  
Keepmoat  
Strata
- Engineering**  
TSC Simulation  
Finance  
KPMG  
HR Redhill Trust  
**Healthcare**  
A W Lynn - The Family Funeral Service  
Retired Audiology  
St. Johns Ambulance  
The condition management company  
Nursing  
Boots  
Prison service  
Serco  
**Teaching**  
The Redhill Academy Education Hub



### **Careers Fair discussion guidance for parents**

We warmly invite parents and carers to take a few minutes to talk with their child before the upcoming careers fair. These conversations play an important role in helping young people feel confident, prepared, and open to the opportunities they will encounter.

By taking part in these discussions, you are helping your child see career development as a gradual and supported process. Your involvement encourages reflection, builds confidence, and reinforces the message that exploration is both expected and valuable. We encourage you to use the suggested discussion topics as a guide and to approach the conversation with curiosity, openness, and reassurance.

### **Interests and Enjoyment**

**Why it matters:** Helps your child notice what they enjoy and what engages them.

**How to approach it:**

- Focus on *why* they enjoy certain subjects or activities, not whether they are “useful.”
- Accept that interests can be broad, changing, or unusual.

**Questions to ask:**

- “What subjects or activities do you find most satisfying?”
- “What do you enjoy doing even when it’s challenging?”
- “If you could choose a project to work on, what would it involve?”

### **Skills and Strengths**

**Why it matters:** Builds self-awareness and confidence.

**How to approach it:**

- Highlight skills they use in everyday life, not just at school.
- Include personal and social skills like teamwork, communication, or problem-solving.

**Questions to ask:**

- “What do people often ask you for help with?”
- “What do your teachers or friends say you’re good at?”
- “Do you prefer explaining ideas, building things, organising, or creating?”

### **Values and Motivation**

**Why it matters:** Encourages your child to think about what matters to them in work.

**How to approach it:**

- Use simple examples or scenarios to help them think about abstract ideas.
- Remember that values may not be fully formed yet—and that’s okay.

**Questions to ask:**

- “What would make a job feel meaningful to you?”
- “Would you rather help people directly or solve problems behind the scenes?”
- “How important are things like money, flexibility, or creativity to you?”

### **Awareness of Careers and Industries**

**Why it matters:** Helps your child see the wide range of opportunities beyond the jobs they already know.

**How to approach it:**

- Explain that job titles can include many different roles.
- Show how industries are connected in ways they may not realise.

**Questions to ask:**

- “What jobs do you already know about?”
- “Which jobs do you hear about a lot—and which do you never hear about?”
- “Can you think of any jobs that might exist but we don’t usually talk about?”

### **Preparing to Speak to Employers or Providers**

**Why it matters:** Builds confidence and helps your child know what to ask.

**How to approach it:**

- Encourage conversation rather than performance.
- Focus on curiosity rather than trying to impress.

**Questions to ask:**

- “What would you like to ask someone who actually does the job?”
- “What would help you decide if something is worth learning more about?”
- “What would you want to know before choosing that area later on?”

### **Social and Emotional Readiness**

**Why it matters:** Acknowledges nerves and helps your child feel more comfortable.

**How to approach it:**

- Normalise feeling nervous or awkward.
- Validate feelings without trying to fix them immediately.

**Questions to ask:**

- “What part of the fair might feel awkward?”
- “What would help if you feel stuck or unsure?”
- “How do you usually handle talking to new people?”

If you have any further questions, or you would like to be involved in future Careers Fairs please contact Ms Pears – Careers Lead. [a.pears@cfsacademy.org.uk](mailto:a.pears@cfsacademy.org.uk)

Student Preparation Sheet

<b>Main goals for the Careers Fair</b> <i>What do you want to achieve from the event?</i>	
<b>Questions</b> <i>Note five questions you'd like to ask during the Careers Fair. Don't just stick to the obvious ones – consider what's most important to you in your career! Record the answers during the event.</i>	
1.	Answer:
2.	Answer:
3.	Answer:
4.	Answer:
5.	Answer:
<b>Careers vendors</b> <i>Take a look at the Careers Fair vendor list. Who will be best placed to answer your questions?</i>	