

WANT TO KNOW MORE?

LINKS

New Deal for Musicians has no responsibility for or control of the following sites. The inclusion of any site does not necessarily imply New Deal for Musicians approval of the site. To access any of the sites please type in the address into a browser or search using keywords from the name of the link.

www.dfes.gov.uk/ukonlinecentres Find Internet access that's close to you.

PERSONAL DEVELOPMENT AND SUPPORT

- www.bbc.co.uk/radio1/onelife**
look in the 'work' and 'interviews' sections for information about personality and interests tests. The site also has sections about housing, money, relationships – check it out.
- www.support4learning.co.uk**
lots of links to sites with information on skills, interests, personality profiles, action planning and finance.
- www.samaritans.org.uk**
24 hour a day support line, you can talk to a real person in confidence about anything which is troubling you - 08457 90 90 90 for the price of a local call.
- www.shelter.org.uk**
The UK's national housing charity. Online advice about housing and a freephone number for confidential support - 0808 800 4444
- www.bbc.co.uk/health**
Deals with a range of health issues, including physical and mental health, confidence, relationships and stress.
- www.dwp.gov.uk**
Government site of the 'Department for Work and Pensions', which links to the Jobcentre Plus website dealing with all aspects of benefits and looking for work.
- www.adviceguide.org.uk**
Citizens Advice website with advice on a full range of issues, from benefits to housing, debts and legal rights.

BOOKS AND MAGAZINES

- Personal effectiveness**
Alex Murdock and Carol N. Scutt. - 3rd ed.
Publisher : Butterworth-Heinemann, 2003
(Chartered Management Institute series).
ISBN : 0750656220
- Secrets of performing confidence : for actors, musicians, performers, presenters**
Evans, Andrew.
Publisher : A. & C. Black, 2003.
ISBN : 0713662883
- Successful interview skills : how to present yourself with confidence**
Corfield, Rebecca. - 3rd ed.
Publisher : Kogan Page, 2002.
ISBN : 0749438924
- Improving your spelling : boost your word power and your confidence**
Field, Marion.
Publisher : How To Books, 2000.
(How To series)
ISBN : 1857035631
- Returning to work : a guide to re-entering the job market**
Longson, Sally. - 2nd ed.
Publisher : How To Books, 2002
ISBN : 1857037863

MORE TASKS

- Find 3 weblinks or books which contain tests in the following:
 - personality profiling
 - psychometric tests

Take those tests. Share your findings with others – did they have you down as that sort of person with those skills?

- Read the advice on taking psychometric tests at interview on www.bbc.co.uk/radio1/onelife
- Draw up action plans in more detail, according to these areas of life:
 - Music
 - Money
 - Finding work
 - Personal stuff

What are your long term and short term goals in all of these areas? Write them down. Are they achievable?

- Take the short term goals from the above exercise and fit them into one 'Master Plan' for the next 3 – 6 months. Now change the format and use this template:

GOAL	STEPS I need to take	By WHEN?	How am I doing? TICK when done.
	1)		
	2)		
	3)		

MORE TASKS

- Create a weekly timetable for yourself.
You can use the pro - forma given below or make your own.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
am							
pm							
eve							

- Set your weekly targets in your timetable, so you make sure you allow time to achieve them!
- Speak to your MOLP, MIC or New Deal adviser about the things that you feel are getting in the way of you achieving your goals. You might like to talk about:
 - Extra support you might be able to get on the course
 - The ADF (Adviser Discretionary Fund)
 - Other networks, groups, or help available, such as New Deal Mentoring, benefits advice or small business help.