

Your Personal Adviser

What can your Personal Adviser do to help you?

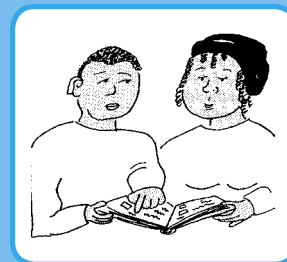
Connexions Cumbria works with young people aged 13–19 or up until the age of 25, if you need extra help.

Every young person can see a Personal Adviser. You will meet your Personal Adviser when you are 13 or 14 years old.

Personal Advisers are based in your local Connexions Centre.

Your Personal Adviser can do these things:

- » Give you information and advice
- » Talk to you
- » Arrange interviews and visits for you
- » Talk to other people who can help you
- » Go to meetings to help you



Your Personal Adviser will help you think about what you want to do in the future.

Your Personal Adviser will write all this down. This is called **Action Planning**.

