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LEADERS IN TRAINING

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NEWSLETTER

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SPORT – ACHIEVING GOALS

IN THE NEWS AT THE MINUTE IT IS FLOODED WITH SPORTS PERSONALITIES ACHIEVING HIGHS.



The world of **Tennis** is beaming with the fabulous news of Emma Raducanu. At just 18 years old she has become the first ever qualifier to win a major tennis tournament. What an achievement! Emma is an inspiration to everyone having juggled her fabulous tennis career in its beginning stages and still achieving A* in A Level Maths and an A in A Level Economics. This an achievement for any student, let alone a world class tennis player who's managing the struggles and pressure from that!

Raducanu began her career age 5 and won her first title at 10 for her first junior international win. Emma is living proof that anything is possible and if you put your mind to it, with her outstanding grades and her amazing tennis career. She is an inspiration to many and has a mentality to be proud of, having risen from 150th in the world to 22nd it shows you should always chase your goal even if they seem hard to reach. Her resilience is something we need to admire.

Respect is a British Value and Raducanu's critiques did not display this in the way they spoke about her.

This world class athlete is only at the beginning of her career and has plenty more to give, with all the wonderful qualities she has displayed we are confident she will go on to have a long and successful time in tennis.

Formula One has been in the news with the announcement that George Russell has signed his contract to for Mercedes. George has been driving for Williams for a number of years, one of the lower ranked teams in the sport, however George has proven he is a great driver by never being out qualified by a team mate and even achieving 2nd place in a Williams in Spa a few weeks ago.

Being a driver for Mercedes, Red Bull or Ferrari (or recently McLaren have been showing themselves to be a top team) is a goal of any Formula One driver and Russell has been constantly proving himself and showing that he deserves a seat in a top team. He never lost his spirit and persisted. To become world class at any sport you must make a lot of sacrifices, this is no truer than in F1 with the limited number of places and it being a very competitive when it comes to having a drive.

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The amount of work is not something to be taken on by the light-hearted, you must become a master in karting, then if you're lucky you'll be spotted and brought to F4 and then F3. Once you've proven your worth in F3 you may get the opportunity to get up to F2, then if you're lucky again a seat may become available at a F1 team and if you have proven you're exceptional you could get offered a place with a team remember though every team has a reserve and test/development drivers so you must show they should bring you up and not give any of those other drivers a team, easy. And that is the simplified version. Imagine how often they wanted to give up, but they keep going. Once you're in Formula One, you must show you are a good driver and you are worth keeping. There are plenty of people waiting for you to fail so they can have your seat. Resilience is everything, being able to bounce back, being able to stay positive. This a thing to be admired and something we can all implement into our own lives. Although most of our goals will likely not be to drive for Mercedes F1 team like George Russell the idea is still a key one; don't give in at the face of adversity.



These young sports personalities have shown the world that hard work pays off and you can achieve your goals if you put the time in and are confident in your own abilities. True inspirations.

Resilience

Resilience is a British Value we should all admire. The definition if it is 'able to withstand or recover quickly from difficult conditions.' Some of us will have been in tougher situations than others, however it is important to remember to always be resilient because you can see with Emma and George you can achieve great things if you stay strong.

In an apprenticeship and at work it can be often challenging to manage your time effectively and be resilient when you face set backs however in order to achieve all of your career goals you should be resilient!

ACTIVE LISTENING



Listening is something everyone should be good at as it is a highly valuable in every area of life. Because when you show you are listening it makes the person talking feel valued and you'll learn more about what they're talking about.

1

EYE CONTACT

Giving the speaker eye contact shows you're in

2

LISTEN NON-VERBAL CUES

Body language while someone is talking can tell you how they're feeling and the importance of the conversation.

3

DO NOT INTERRUPT

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

4

LISTEN WITHOUT JUDGING, OR JUMPING TO CONCLUSIONS

Similar to not interrupting make sure you are not jumping to conclusions, it will come across in your body language but also you could miss the main point of what they are saying because you have already decided your opinion

5

DON'T START PLANNING WHAT TO SAY NEXT

This stops you listening and taking in what they are saying

ACTIVE LISTENING



6

SHOW THEM YOU ARE LISTENING

Nod your head, smile and make small noises like yes and uh huh to show that you are listening. This encourages the speaker to continue.

7

DON'T IMPOSE YOUR OPINIONS OR SOLUTIONS

it's not always easy, but lending a listening, supportive ear can be much more rewarding than telling someone what they should do.

8

STAY FOCUSED

Don't get distracted, you need to make sure you are focused on what they're saying

9

ASK QUESTIONS

Asking relevant questions can show that you've been listening. It also helps clarify what has been said.

10

PARAPHRASE AND SUMMARISE

sometimes called reflecting, this is repeating what has been said to show that you understand it

RECIPE OF THE MONTH



COURGETTE AND BROCCOLI PASTRY

It is very easy to slip into a routine where you are always eating the same few meals day in and day out, and some of them won't be very healthy. Why not try this great recipe?!

Ingredients

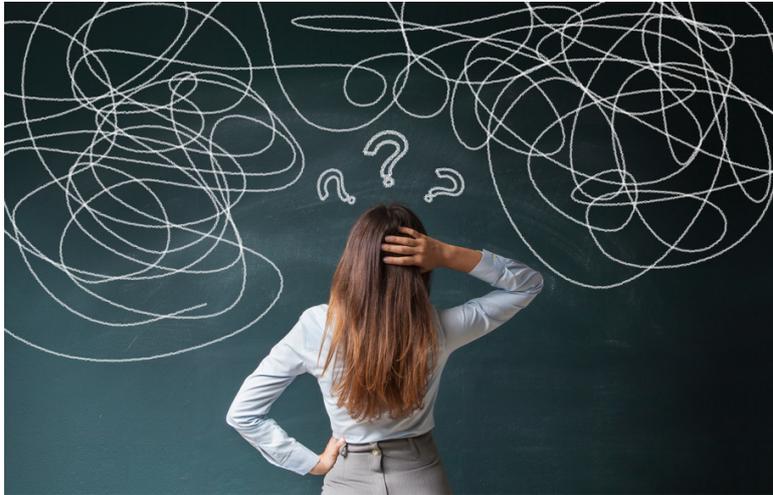
- olive oil
- 6 medium free-range eggs
- 1 bunch of spring onions
- 55 g mature Cheddar cheese
- 1 large courgette
- 300 g broccoli
- 1 x 250 g pack of ready-rolled filo pastry

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Grease a large 25cm by 35cm roasting tray with 1 teaspoon of olive oil. Crack the eggs into a bowl and beat with a fork.
3. Layer the filo sheets into the tray, laying one sheet horizontally, and the next vertically, repeating as you layer, brushing a little of the egg between each sheet. (Make sure they cover the base of the tray and go up the sides so it can contain the filling.) Add a final brush to the last layer and scrunch up any excess pastry that hangs over.
4. Finely slice the spring onions and add to the bowl. Coarsely grate the Cheddar cheese (reserving a little for the top) and the courgette, then add them to the bowl. Break the broccoli into florets, then thinly slice and add to the bowl. Season to perfection with sea salt and black pepper, then mix together.
5. Carefully pour the mixture into the prepared pastry case, spreading it out so it's in an even layer, then sprinkle the remaining cheese over the top.
6. Cook for 35 minutes, on the bottom of the oven, until the pastry is golden and the filling is set.

WHAT NEXT?

WHAT SHOULD YOU DO WHEN YOU HAVE COMPLETED YOUR APPRENTICESHIP?



One of the biggest questions apprentices ask is 'What should I do next?'. During your time at an apprenticeship you'll become a valued member of the team and that is something important to remember. This is the reason why most apprentices are kept on on completion of their apprenticeship, 64% in fact stay in employment with the same employer.

Now if for some reason you are not kept on with the same employer do not panic! 85% of apprentices stay in employment, so just because the company that supported you

with the apprenticeship cannot offer you a permanent position there is someone out there that will recognise the hard work and dedication you put into getting the qualification. However, employers rarely don't keep apprentices on if they can avoid it, as they have invested into, your career with a role they needed and therefore want to keep.

On a more positive note, apprentices often find themselves into the route to management. 32% of all former apprentices surveyed had received a promotion within a year of completing their apprenticeship, and a further 75% stated that they were given more responsibilities within their company.

Remember that apprenticeships go up higher levels. So maybe you've just finished a Level 3, ask your employer about Level 4! Don't be afraid to ask about your Continued Professional Development, apprenticeships go all the way up to Level 7 in lots of areas so don't be afraid to ask!

Remember everyone is entitled to an equal opportunity.

Apprenticeship Word Search

X S K W K U X P E S L L I K S G G P N I A U Y F
Y U J K Q R Z J C T L K L O M R J W U E N B R Y
F B Z K F B P Z N C G P L I I N M C X L F I C G
T K Y J E U J Q E O Z J T J T Q O G T I X T J Z
T C A E P B P L I Z A Z U A R F Y T Z F O O J J
R E F N Q X L T R N V C B K E P J F H E U C A T
W T G T K W O B E P S J D W G I S J I N L E N N
C K G I L U O A P O X A R L R B V Q X O K A G E
Q W J E N I R J X R O S L M O E N O F F D K E M
T W J I L U D J E T Q X E J U E L X T I T M D S
N W G K B C Y H U F K Q A G P G S V O V I J Z S
Q I R B K P H M Y O M U R A I D N W C Q I O B E
M S O L Q L Z S M L M B N G U T D W V U M Z B S
O C H X J E G W C I L U I I R B H A P W L P G S
N I F J D S Q A E O K O N A W H D M L O A F I A
E R U B O C R X L R Q L G V B T N B L F N H S U
Y I U I R E V S F U E D U P R I S E R M O L B V
L H C W E E B A I N V M C A N C Y I Y T I H Z D
G I X R X W J W K U J H I A J L I A J Z T M J U
A C B W B V N G Q M H N D D M L D S X K A P H R
K N M C I D I H Q V I O S D E G B H D F C U D N
V J A E S A Q S O N Y U W H B J A D M A O G H H
X N Z X P N T A G R Y D Q R Q W Q J Y X V C A T
U H Z W A P P R E N T I C E S H I P I D M L J V