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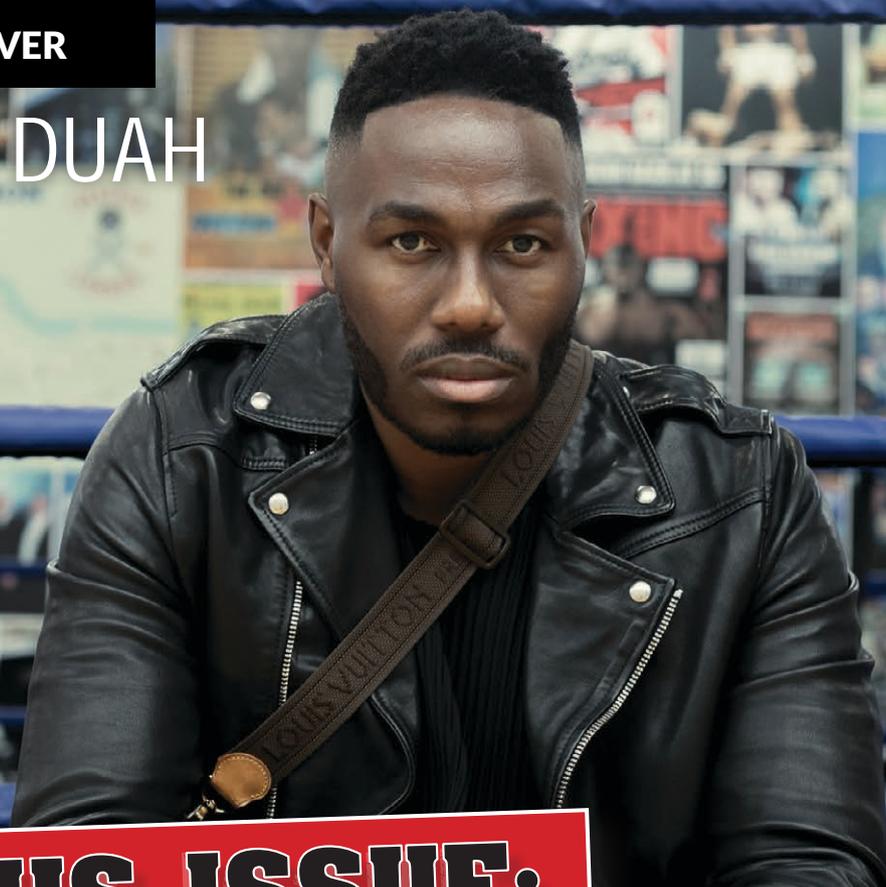


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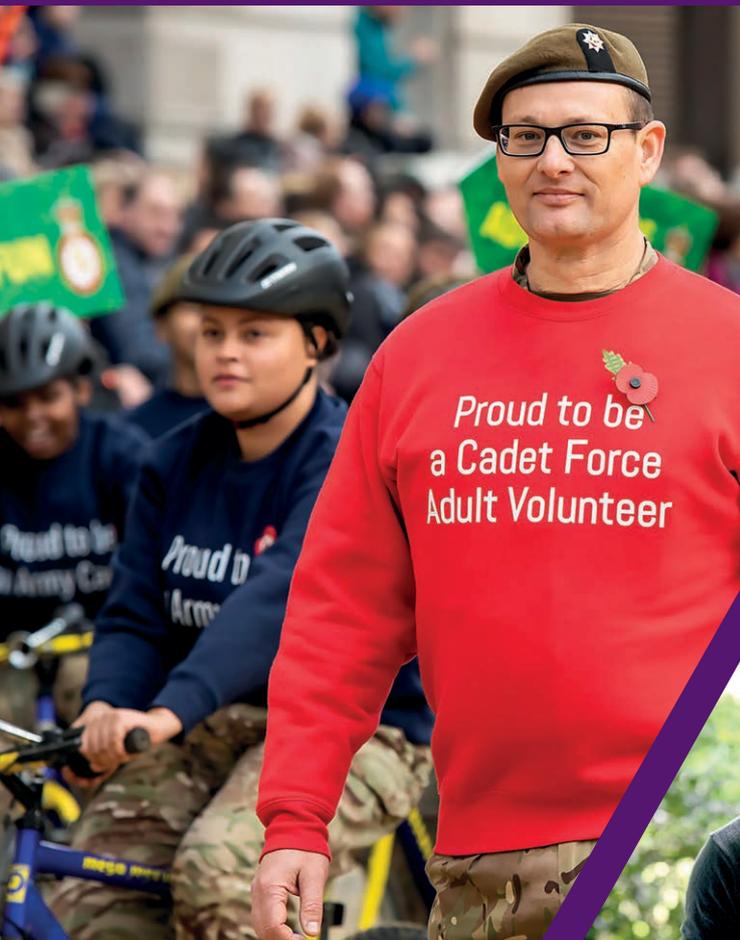
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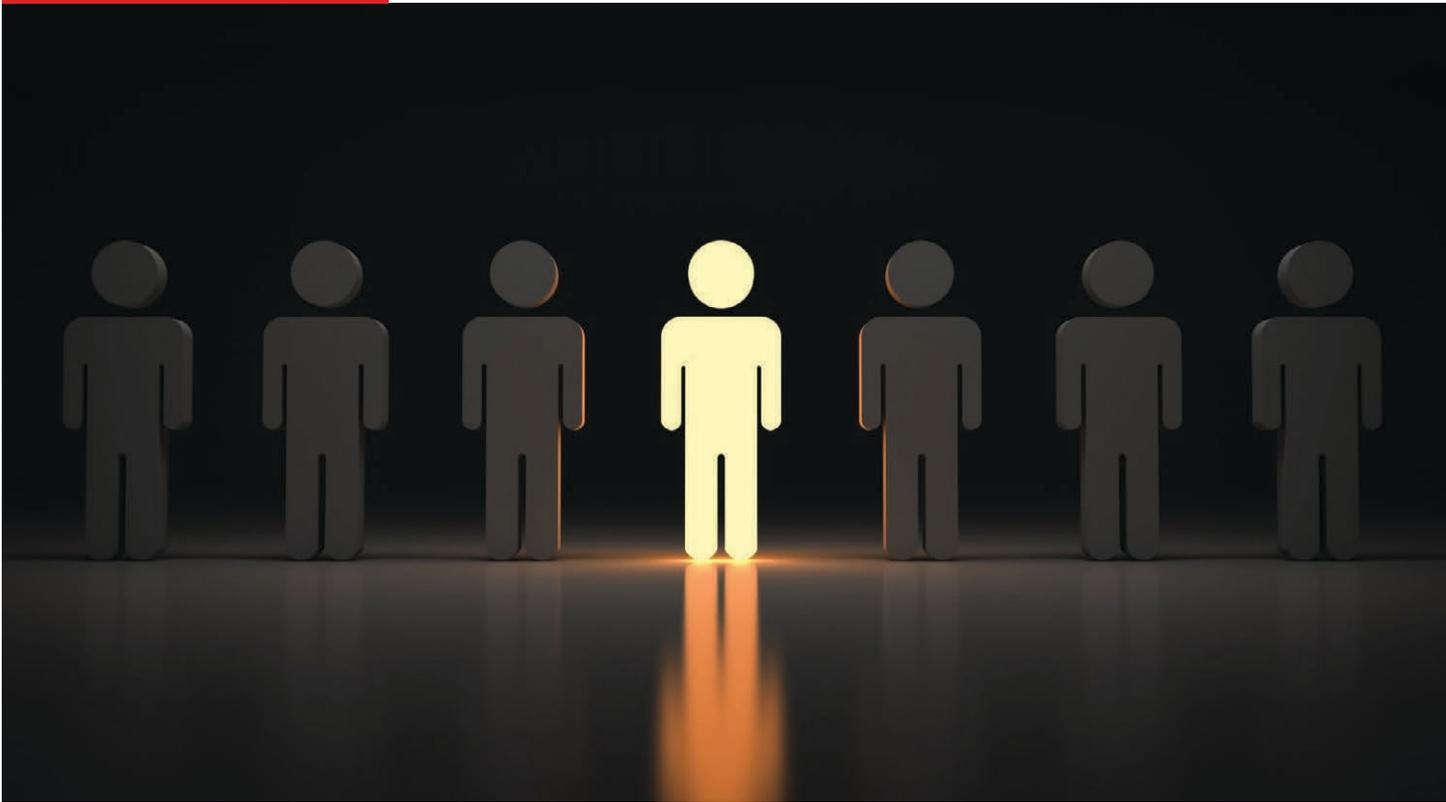
WHY ARE YOUNG ADULTS TRYING TO GROW UP SO FAST?

WHO'S TO BLAME?

This is a common question that frustrates the minds of many. Why are young girls looking like grown women when they're still doing their GCSEs? Why are there young boys driving a stolen car down my road? It's a seemingly recurring theme within the curious minds of the observant and aware. Why are young adults trying to act older than they are? What is the reason? The question that still remains unanswered... Why are they doing this? How is this the situation that's come to be and who is to blame?

The biggest contender to these types of behaviours is what young adults see in the media. Social media is ruled by the well-known public figures and celebs of the world. Metaphorically they control the minds of young adults and do their job as 'influencers' quite literally. Filling their heads with fashion, cosmetic and financial ideals is causing a domino effect on their young followers' perspectives and desires. There are other factors that also come into play such as upbringing like 'bad parenting' or background influences. However, from research and case studies social media is the biggest factor.

Now others may argue against this (most likely the parents that don't care about what their children do or the young adults that feel somewhat attacked by this) but this is not an article to please anyone, nor is it to anger anyone. This article is made with the intention to prompt thought on the hot topics of the current times from researched sources but it's up to you to decide what your view is.



CAN YOU BE YOURSELF AT WORK?

The workplace is a scary place and your behaviour inside the workplace can massively impact other people's perspectives on you, including your employer. Your behaviour is a massive contender for how others will treat you. In this article we will discuss the reasons for and against this hard question.

Being yourself in the workplace is very important as you don't want to be in a workplace where you feel like you have to cover up who you are to be able to fit in with the rest of the crowd. Your individuality is what creates diversity which is a massively positive thing. Being yourself builds rapport with the people around you and ensures a healthy relationship with your colleagues and employer. Being comfortable in your workplace should always be your top priority and if you don't feel comfortable it might be time to think about a move.

On the other hand, where we have discussed that being yourself is important it is also imperative that

Just be yourself!

you don't get too comfortable, and the phrase 'know your crowd' comes into play here. Where you might be able to joke about in a very unprofessional manner with one person, with another could cause severe problems. It's also important to think about future employers scouting for people. Within workplaces when you make connections with colleagues they might move to a higher paying and better company, and it's very common for these co-workers to recommend you to their new employers. If you don't present yourself in a good manner and conform to certain formalities they will look past you to someone else.

Overall, it's very important you find a good balance between your comfortability and your professionalism with your mannerisms and behaviours at work to make sure you get the best of both worlds.

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...BEFORE I JOINED THE KICKSTART SCHEME

The **Kickstart Scheme** is a £2 billion fund introduced to create hundreds of thousands of high-quality, six-month jobs for young people aged 16–24 at risk of long-term unemployment.

1. Preparation time. Most kickstarters are given only a week's notice before they are required to start working.
2. More insight into what the role was offering.
3. Usually a brief explanation is provided by a work coach about the role but there is no in-depth explanation.
4. When I applied for the kickstart scheme there wasn't much detail on what I would exactly be doing within my role. I was thrown into the job role, oblivious.
5. Many kickstarters started working with no information regarding the role or company. And were instead just given a start date.
6. On the kickstart scheme, there wasn't much information about the job role. I was essentially going in blind, so when I started I wasn't sure exactly what to do. It was nerve-racking and stressful. [AG1]
7. How much will I be getting paid? There was no specified amount. And payments kept fluctuating.
8. Am I eligible for the kickstart scheme? Check the government page to see if you are eligible to apply.

**KICKSTART
SCHEME**



WHAT I WISH I KNEW BEFORE I STARTED COLLEGE

1. HOW FAR IS IT?

I chose to study in Central London and as I lived in Barking and Dagenham, it was a long journey every morning. You might think “oh, it's only an hour” but the one day you wake up 45 minutes late there's almost no point in going in as by the time you get there, lessons are over. This caused my attendance to be very poor and I started to become very demotivated. So make sure you consider this and your habits before just saying “oh yeah, I'll be dedicated as it's in Central London”, I assure you that you will lose interest very quickly.

2. IS IT THE RIGHT COURSE FOR YOU?

I studied BTEC business level 3 thinking it would be a solid foundation to start my entrepreneurial career. However, I wanted to get into fashion and fashion marketing and I soon realised after three to four months that the course I was doing was too broad. This meant that I would have to change courses in September and I would've wasted time doing a course that was not going to help me pursue my dreams even though you would think business would be a perfect fit. So, if you know what you want to be when you're older make sure your course is suitable and aims towards your career path rather than an overly broad course.



Photo: Brighton College dress code

3. AM I EVER GOING TO MAKE FRIENDS?

Trust me, everyone's first two weeks of college are exactly the same (unless you already have friends there, of course). You're all asking yourselves the same questions such as "Should I speak to them?", "What do I say?", "Will they like me?" etc. And eventually you find a group of people who were exactly like you at the start and you bond very quickly over things such as how annoying the teacher is or how unorganised the college is and you finally begin to feel comfortable. So essentially, yes, that two-week period of awkwardness does end and you will most definitely find your people so don't drop out if you haven't met anyone yet. Be patient.

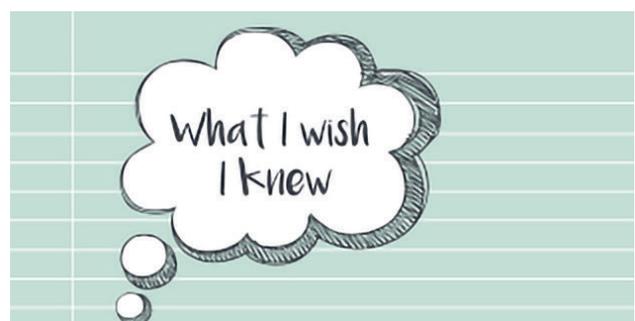
4. AM I GOING TO BE ABLE TO AFFORD TRAVEL AND LUNCH?

If you don't have a job and you're travelling to zone 1 for college then you need to be prepared, especially if Mum and Dad are tight with money. At the start of college I was paying £20 a week just for travel and without a job that was hard and I wanted to be financially independent. What I didn't know is that most colleges have a bursary scheme that pays for your travel fully as long

as your attendance for the week is over 90%. So make sure you research into your college's scheme, even if they don't pay for your travel fully they will have some support in place depending on the borough of the college. This of course is based on your household income so you only get help if your household income is under a certain amount so also make sure you double check your parents' income.

5. IS THERE A DRESS CODE?

The majority of colleges do not have a dress code and you can wear what you want as long as it's appropriate. However, if you're applying to a sixth form college you may have to check with the college as any sixth form tends to have a smart casual dress code.





HOW TRAINEESHIPS AND APPRENTICESHIPS BENEFIT YOUNG PEOPLE

Apprenticeships and traineeships have become increasingly popular over the last few years, but what are the differences between them? Traineeships are part of the apprenticeship family, but are specifically aimed at young people aged 16-24, where apprenticeships are available at any age. Traineeships are a stepping stone to an apprenticeship and last for up to 6 months, and apprenticeships can last several years depending on the level. Both provide an alternate way to gain qualifications, find employment, and create a more dynamic and diverse workforce.

Here's our top 5 reasons why apprenticeships and traineeships are benefiting young people:

Earn while you learn

It's now a requirement to stay in education until you're 18, but not everyone learns in the same way. That's where alternatives like apprenticeships and traineeships come into play. If you're unsure of your next steps or struggling to find your path, apprenticeships and traineeships could be for you. You'll be gaining a recognised qualification as well as taking home a wage each month, so it's a great balance of learning and earning!

Real world experience

By taking on an apprenticeship or traineeship, you're getting out there in the real world. Sure, it can be a scary place, but once you find your feet you'll be settled in before you know it. It's this experience that will set you apart from other candidates in the job market and give you the edge in interviews. You're gaining real knowledge and skills that will be invaluable in the competitive world of job hunting.

Career development

Once you successfully complete the programme, you'll get a nationally recognised qualification. This qualification can lead to increased job opportunities or taking your education even further. Apprenticeships are available up to level 7 (postgraduate) in certain sectors. You're also much more likely to be hired as a full time member of staff once you complete your programme. Who better to fill a vacancy than someone who already knows the ropes? The company has put in time and money to train you to their standards, and that's not something they are going to let go of lightly.

Improve your confidence

While it's true you'll be learning the skills required for you to be amazing at your job, there's more to it than that. You'll also learn a lot more about yourself, grow as a person, and learn life skills that you will be able to carry with you through anything. Taking on further education programmes will help your personal development in more ways than one:

- You'll build your social skills
- Meet new people
- Boost your confidence
- Gain a sense of responsibility
- Help to build a daily routine.

No debt

Apprenticeships and traineeships are free. That's right - free! Choosing to go to University means student loans and years of debt, but all that your apprenticeship or traineeship requires in return is your commitment and dedication, to get the next chapter of your life started.

So, if you're looking to hit the ground running and want to find out more about apprenticeships and traineeships, or how Inside Success UK can support you, simply get in touch today.



WHAT IS DIVERSITY?

The definition for diversity given by the Oxford Learner's Dictionary is: **a range of many people or things that are very different from each;** other synonym: **variety the biological diversity of the rainforests; a great/wide/rich diversity of opinion.**

Diversity is basically a variety of something, and it can be used in many different contexts. In the business world, diversity is very important in terms of employment law, opportunities and chances etc. There are certain pieces of legislation in place to ensure that diversity is protected amongst employees and that employees are protected against discrimination of their protected characteristics such as gender, age, race, religion, sexuality and more.

The business world has never been as fair with diversity as it has been now, and it is common knowledge that once upon a time you were not allowed to work or do specific job roles if you were a certain race or gender but this is not the case anymore... or is it?

Our suffragettes fought for women's rights and at this present time legally women and men must be paid the same for the same job roles. However, although protective legislation is in place to ensure this, the gender pay gap is still very present.

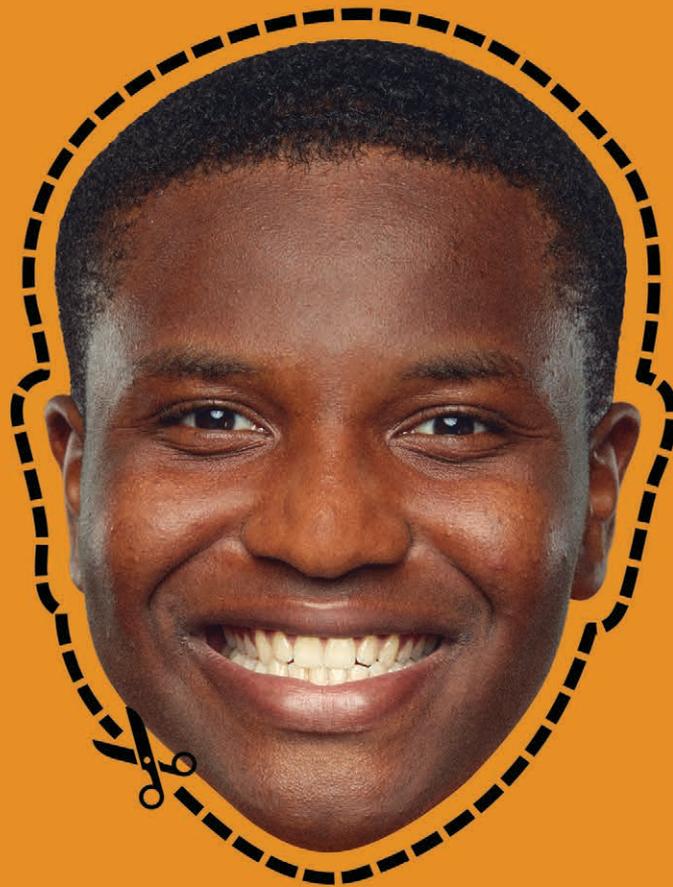
As I stated above, diversity can appear in different contexts. Relating to the business world, diversity or diversification within a business is crucial and imperative for a business to thrive. The growing globalisation with our economy reinforces the importance of diversifying your workplace. A diversified workplace is not just a workplace with people from different cultural backgrounds, genders, religion, ethnic backgrounds, and races but it's also about skills and abilities.

Diversification is so important to ensure a business thrives. With such a wide range of people from different ideologies, cultures, skills, language etc. in terms of the viewpoints, opportunities, connections and networks you build, your business will benefit. The quality of a team can enhance a business massively or destroy it.

Diversification can also be applied to the business market in general. As a business, whether you're in the primary, secondary, tertiary or quaternary sector, understanding whether your market is niche or mass and what services you're offering and if what you're bringing to the market is unique etc. all amounts to the diversification of your business.

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INSPIRE ME

ALEX MURPHY

AN INSPIRATIONAL INFLUENCER

Alex Murphy is an inspiration to us all. The two-times Dancing On Ice winner and two-times national social media awards winner suffered a stroke at the age of 24 that threatened to end her career. The stroke was caused by a heart defect called patent foramen ovale (a hole in the heart) which caused a blood clot in Alex's brain.

After the devastating news, Alex was offered a choice as to whether she took blood thinners that would end her entire career or have an operation to repair the defect and of course, she went through with the procedure.

Three months later, she was offered to take part in Dancing On Ice in the Netherlands which had a massive impact on her recovery as prior to that she struggled to speak and concentrate. The show was a massive challenge in terms of the daunting atmosphere but she went on to win and make herself proud.

This was a massive step in Alex's career as she was then casted as a professional skater in the UK's Dancing On Ice in 2018 and went on to win in 2020 with I'm A Celeb winner, Joe Swash.

Unfortunately, Alex was axed from the show in 2021 which left her devastated but she went on and inspired us all during lockdown on social media entertaining everyone and lighting up our days with her podcast "Murphy's law" which discussed global topics with special guests ranging from Joe Garratt, the Love Island star to Tom Lewis, the PGA golfer.

Are you as resilient as Alex?

* Check out the full video interview with Alex Murphy on the Inside Success YouTube page

Makaela Richardson is like many of us students: not enjoying the course, struggling to get into a steady routine and just flat-out broke.

Whilst Makaela was struggling, she dropped out of a law course and began studying business at the University of Greenwich after moving from Bermuda. An idea struck after she had only £50 left in her account whilst still needing her essentials for uni. She decided to launch her package "Free the fresher", a package that contains supplies for freshers such as bedding, kitchen utensils, towels and stationary for a set price of £50 to get students started, also offering discounts on high street brands.

Makaela injected her entire wage into her website but got no tractions. She realised that she had no marketing strategy which led to no sales and so dropped out of university permanently to work three jobs back home and source funding for her promotion. Once she moved back to London after many ups and downs and a tiring six months of hard work and effort, she managed to get many interactions and 800 people signed up in the first two months. Currently after five years of the business Makaela has generated around £2 million from not even being able to afford a monthly food shop.

Will you follow in Makaela's footsteps?



INSPIRE ME MAKAELA RICHARDSON



* Check out the full video interview with Mikaela Richardson on the Inside Success YouTube page

WHAT'S WORSE THAN HAVING LEUKAEMIA?



BEING BLACK AND HAVING LEUKAEMIA.

IT'S SHOCKING BUT IT'S TRUE. YOUR CHANCES OF FINDING A LIFE-SAVING BONE MARROW DONOR ARE MUCH WORSE IF YOU'RE BLACK - BECAUSE THERE ARE 24 TIMES MORE WHITE PEOPLE THAN BLACK PEOPLE ON UK BONE MARROW REGISTERS. TO CHANGE THIS, WE URGENTLY NEED MORE BLACK AND MIXED-RACE PEOPLE TO JOIN THE BONE MARROW REGISTER. JOIN OUR FIGHT TODAY - VISIT AGLT.ORG AND SEE JUST HOW EASY IT IS TO SAVE SOMEONE'S LIFE.

UNITE TO FIGHT LEUKAEMIA aglt.org

EDDIE DUAH

POST
FOOTBALL
SUCCESS



EDDIE DUAH is an ex professional footballer who used to play for Stevenage and his local team Boreham Wood and now runs a football recruitment agency scouting young talent from all over the capital and running training sessions for the young players to become part of a community in the football industry. He has also produced a podcast called 'The Real Offside' discussing the latest footie topics available on Youtube.

Over the past two years, Eddie has been a role model to many around him as he has been a great support to his clients during the pandemic making sure they are keeping fit physically but also mentally. As well as this, encouraging people to stand up for themselves and others affected by racism in football which is a growing issue across the UK that needs to be taken more seriously after fans are still booing the taking of the knee that was introduced in 2020. He spoke heavily on the topic on the chat show 'Footysays'

that has also interviewed stars such as ex Villa defender, Zat Knight, talking about how players are affected by the hate crime within the industry and how he as an agent has to deal with it and protect his clients. We hope that many people can follow in Eddie's footsteps and help fight against racism in sport and help young people come together as a community in more deprived areas.

As well as growing football talent across the capital Eddie has also been very busy in other areas of his career, having successfully run his training camp and also being brand partnership manager for German Doner Kebab 'GDK' which allows him to decide who can partner with the company to help them reach their target market more sufficiently.

DARE TO DO WITH EDDIE DUAH.

***Check out the full video interview with Eddie Duah on the Inside Success YouTube page**

Is the house you live in, really your home?

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book has made me
think and is written in
a simple but clever way.
I have now read it
3 times. Thank you."
D.STEWART

Neighla Cain



SUCCESS LEAVES CLUES

Terry Jarvis has made a massive dent on the media industry with over 32 years of experience working with huge artists and companies, even going on to write his own novel 'spirit of the pharaoh'. He started his journey at 12 years old where he would buy and sell comics with his friends producing enough profit for him to be able to buy his first camera which allowed him to produce short films and network with other creatives to pave his way to where he is now. As Terry produced more content, he was quickly recognised by broadcasting channels such as Channel 4 where he started as a journalist, which led to joining the BBC and becoming a renowned radio, television and film producer/director. After experiencing many different job roles at the BBC, Terry was promoted 'executive' of his own new department, the youngest ever to do so.

At this part of Terry's career, he was already living his dream. However, he wanted to tell as much stories as he possibly could and went on to produce and write his own films and comedies

such as raising tennis ace: The Williams story and even worked with record labels for artists such as Motown, Madonna, Elton John, Michael Jackson and many more. Terry has not only worked with arguably some of the greatest artists of all time but he also became the first British person to own his own record label and considering the fact that in his generation it was very hard for black people to be recognised, especially within the creative industry, he made sure that he didn't give up and he chased his dreams to make himself proud.

We have conducted multiple interviews with Terry as he is a keen supporter of Inside Success and you can check them out on our YouTube (Inside Success UK). We asked him what advice he would give to young creatives trying to get into the media industry and he told us to "simply go for it. If you have a passion within the creative industry then you need to work as hard as possible on your personal craft and even if you aren't getting the roles you want you have to keep going. Remember if you don't fail you can't succeed."

*Check out the full video interview with Terry Jarvis on the Inside Success YouTube page

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ALTERNATIVES TO GOING TO THE GYM

Rock Climbing

Climbing in its various manifestations (the most popular being bouldering – without ropes, and traditional climbing – with ropes) works almost all of your muscle groups. Plus, it is said to help with dyspraxia. Rock climbing walls are popping up everywhere, so search for your local centre.

Hula Hoop

Bring out the child in you! A throwback to your primary school days, it's simple really: dust off your hoop and start spinning. Twirl your hips for fun and fitness! In fact, get your family on board, too! Torch the excess calories with this enjoyable yet effective outdoor activity. With all the components needed for a comprehensive workout, a hula hoop session beats your everyday boring gym workout.

Martial Arts

Putting your coordination, flexibility and balance to test, boxing burns calories and provides a holistic workout. Not only could this come in useful one day (although hopefully not) martial arts require feats of strength, balance, skill and fitness. From kickboxing to taekwondo, find the martial art that fits you perfectly.

Long Walking

Take your dog for more walks and if you don't have

one, go solo. This isn't so much about the dog as giving yourself a purpose and cute furry companion to go out for a long walk or run. Let it run behind you as you cycle or jog along with you. Plan out a long walk at least once a week.

Cycling

If you are looking for a healthy, low-impact fitness routine that is also environment-friendly, then cycling is just what you need. Reaping the benefits of spinning doesn't have to take place in a cycling studio. Either invest in a bicycle or rent one and hit the road for some easy cardio. Adjust your speed and resistance to add intensity.

Swimming

Swimming burns calories without causing damage to your joints, and you don't need an Olympic-sized pool to swim laps. Many neighbourhoods offer a community pool for their residents. In addition, community centres and parks and recreation departments also offer underwater or deep water aerobics classes. The risk of injury during swimming is low, making it ideal for those recovering from an injury. Moreover, if you are not too fond of swimming, then give aqua aerobics a try.

Dancing Queen

Put your fave playlist and start to dance like nobody's watching! Also, it costs nothing.



AUTHOR: Flying on Jess Fuel

RECIPE TYPE: Breakfast

CUISINE: Eggs

SERVES: 6

INGREDIENTS

- 6 large eggs
- Salt & pepper, to taste
- 6 English muffins
- 6 slices sharp cheddar cheese
- 18 small slices deli ham
- Plastic wrap

FREEZER BREAKFAST SANDWICHES

INSTRUCTIONS

1. Preheat oven to 350 degrees. Spray a jumbo muffin tin or small ramekins with nonstick spray. Crack one egg into each ramekin. Use a sharp knife to gently pierce each yolk.
2. Bake the eggs 10–15 minutes, until set. Slide eggs out of ramekins and cool slightly. Sprinkle with salt & pepper, if desired.
3. Meanwhile, slice English muffins. Layer one slice of cheese on each English muffin, then 3 slices of ham.
4. Finally, layer on the egg and top of the English muffin.
5. Wrap in plastic wrap and freeze.
6. To reheat, remove the sandwiches from the plastic wrap and wrap in a paper towel. Microwave for 1 minute on 50% power. Flip sandwich over and microwave for 1 more minute on regular power.



Self-Directed
Learning

THE IMPORTANCE OF SELF-LEARNING

It's not easy to revise and learn the way school teaches you to as it doesn't allow you to explore your own methods and test your imagination and knowledge in a more beneficial way. This is why it's important to manage stable self-learning habits considering the times we are in with exam changes and occasional isolation periods away from the classroom.

From a young person's point of view I can totally agree that self-learning is one of the most important things when being a teenager in education. I was lucky enough to be in lockdown just before my exams which gave me time to work at my own pace and experiment with different revision methods. Before lockdown I was reaching predicted grades, as high as a 5, but after I had the opportunity to explore different methods I was achieving grades as high as 8's and distinction's.

THESE ARE THE BEST WAYS TO SELF-LEARN:

1. Make sure you have an organised and designated place for working.
2. Make sure you are in the right frame of mind and don't have any distractions around you.
3. Watch videos, podcasts and more immersive things to keep you engaged even if it isn't based on the topic. Listening and reading can really boost your language skills rather than trying to learn words by writing them down.
4. Get creative with your revision and make it interesting for you and challenge yourself to push on.
5. More importantly, make sure you take your time and don't rush. When you take time it allows you to think of all the possible ways you can approach something and better improve your work, causing less stress and a more open mind.



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tailor made learning*



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HOW TO USE LINKEDIN TO GET A JOB IN 2022

LINKEDIN SEARCH FOR JOBS



THE SHORTCUT TO YOUR DREAM GRADUATE JOB COULD BE LINKEDIN.

On the face of it, LinkedIn may simply seem like an online CV – but on a platform where scores of employers are looking for prime candidates every day, it's a pretty useful CV to have. The key to using LinkedIn effectively is to make sure you're 'discoverable' to employers and agencies.

STEP NUMBER ONE, OF COURSE, IS TO CREATE YOUR LINKEDIN PROFILE.

1. Pick the perfect LinkedIn profile picture. Profiles without a photo look inactive and unimpressive in search results, so make sure to find a photo of yourself that's hi-res and suitable for work. Avoid super obvious selfies or group photos (even if you've cropped everyone else out). Graduation photos are always a safe bet but try not to make your pic too uptight and formal either. Make sure you're smiling and looking approachable! Remember, you're trying to sell yourself as someone good to work with.

2. Write a LinkedIn headline that makes you stand out. The headline is the first thing any potential employer will see, so make sure it stands out and portrays what you have to offer. Avoid something boring like 'student' – list a dream job, your freelance or part-time work, relevant hobbies or the title of your last work experience gig. Alternatively, go for a combination: Aspiring games designer | Politics blogger | Award-winning student writer.

3. Include a professional summary in your profile. Use the summary box to showcase your achievements, aspirations or present an elevator pitch – why you make a great employee, a process you've improved, or why you just downright rock. You've only got around 50–100 words, so make it count. Try to include keywords that recruiters or others are likely to search for.

4. Promote your work experience on LinkedIn. Follow prompts to list your work experience, any

courses you've taken, voluntary work and exam results – there's a pretty hefty list of things to choose from. You don't have to add all of them – pick and choose the ones that add value to your profile.

5. Get recommendations and endorsements for work skills. Ask current or former employers and colleagues to post testimonials to your profile page to add credibility to any skills or projects you've listed (you don't have to accept or show any that you don't want the public to see, though).

6. Share your successes in LinkedIn posts. It might not come naturally to you to show off about your successes, but LinkedIn is all about selling yourself. If you accomplish something, whether it's an award, a successful project or high marks in a particular assignment, write a status about it and share it with the world.

7. Use LinkedIn for networking. LinkedIn, as the name suggests, is all about linking up with people in your industry or field of expertise. Make sure to connect with anyone you've worked or studied with and ask them to introduce you to their connections too.

8. Join LinkedIn groups. Join and contribute to groups related to your industry. Get inside info and learn how your sector works from the inside out, get known for having an opinion or specialism, or find people who can tell you more about their career path to see if it interests you. Once you've joined a few key groups, you can message other group members to introduce yourself or your services.

9. Use LinkedIn for interview prep. LinkedIn will be your number one source of information when preparing for an interview. Find out who will be interviewing you and look them up on LinkedIn – look at their career path, their specific interests and any current projects they're working on. Use it to your advantage and tailor your answers to engage them!

ISA: INDIVIDUAL SAVINGS ACCOUNT

WHAT IS AN ISA?

An Individual Savings Account, or ISA for short, is a tax advantaged savings account available to all individuals resident in the UK – with certain age restrictions discussed in the sections below. The main advantage of an ISA is that any income or capital gains (an increase in the value of the investments held in the account) will be tax-free. There will be no tax to pay when the income is earned, or when capital gains are realised, or on any withdrawals from the account. There is a limit on how much can be deposited into an ISA in any given tax year – the annual allowance of £20,000 (£9,000 for a Junior ISA – individuals under 18).

TYPES OF ISA

There are currently four different types of ISA available, and they differ mainly in the products on offer for investment and some additional features. The four types of ISA are Cash ISAs, Stocks and Shares ISAs, Lifetime ISAs and Innovative Finance ISAs.

CASH ISAs

There are two main types of Cash ISA – variable and fixed rate. Typically, variable ISAs offer easy access to savings but at lower interest rates which change over time. Whereas fixed rate products will give a specific interest rate for a specified period, during which you would not be able to access your savings. The interest rate is typically higher the longer you have your money invested. Therefore, a cash ISA is effectively the same as a normal savings account, but with the major advantage of interest being tax-free.

STOCKS AND SHARES ISAs

A stocks and shares ISA will allow you to invest in the shares of individual companies, in funds (a collection of shares from different companies, managed by a fund manager), as well as some other products including bonds (effectively lending to companies or governments) and investment trusts (like a fund but for other types of assets such as real estate). Stocks and Shares ISAs offer a much greater potential for growth than Cash ISAs, however they also have a much greater risk and there is the potential to lose

money when investing in the stock market. It is therefore important to understand whether the risk of these investments is acceptable for you and your financial situation.

LIFETIME ISAs

Lifetime ISAs or LISAs for short, come in two forms – Cash or Stocks and Shares, like the two described above, but they have some additional features. You can only open a LISA if you are under 40 years of age and over 18. The LISA is for one, or both, of two purposes – buying your first home and retirement. If money is withdrawn from the ISA for any reason other than these two purposes, then you will have to pay a penalty of 25% of the amount withdrawn. So why open a Lifetime ISA? On the first £4,000 of deposits made to a LISA in each tax year (up to your 50th birthday), you will receive an additional investment from the government into your LISA equal to 25% of what you put in. So, if you deposit £1,000, the government will give you an additional £250 to invest and put towards your house deposit or retirement. However, if you were to withdraw the full amount, before the age of 60 for anything other than a house deposit, then you would be charged a penalty of 25% of the total amount resulting in a fee of £312.50. It is therefore important to ensure any funds invested in a LISA will not be needed for anything else and you have enough cash elsewhere to cover any emergencies.

INNOVATIVE FINANCE ISAs

These ISAs allow you to lend money to other investors directly via the Peer-to-Peer lending market. The interest rates received in these ISAs are usually quite high, however, with all investments, you may potentially lose money if your borrower fails to repay the loan, so there is greater risk than say a cash ISA.

JUNIOR ISAs

These can be opened by an adult for a child under 18 and can be either Cash or Stocks and Shares ISAs as discussed above. All the same rules apply except the annual allowance is £9,000, not £20,000. It may be possible to open one if you are 16 years of age or older, but most providers will still insist on the account being opened by an adult on your behalf. Once the individual turns 18 they will have full access to the funds as they would have to a regular ISA.

SUBSCRIBE TODAY ONLY £9.99 PER MONTH

**SUBSCRIBE TO INSIDE SUCCESS
MAGAZINE FOR ONLY £9.99 PER MONTH**

**YOUR SUBSCRIPTION WILL ALLOW
A YOUNG PERSON ACCESS TO :**

- A CAREER MENTOR
- FREE CV AND CAREER WORKSHOPS
- PAID WORK EXPERIENCE



VISIT: WWW.INSIDESUCCESSUK.CO.UK/MAGAZINE

INSIDE SUCCESS RECRUITMENT DRIVEN BY **YOUTH**



Inside Success Union is a social enterprise; we facilitate employment and training opportunities for youth between the ages 16-24. We exist to find part time/temporary and permanent employees for companies who are looking for support roles in the following areas:

- ◆ Administration
- ◆ Media
- ◆ Sales & Marketing
- ◆ Promo work/Events
- ◆ Stewarding
- ◆ Hospitality

WHAT CAN WE OFFER?

We have access to hundreds of individuals educated to apprentice/degree level. Unemployment is at an all-time high with a staggering 54,000 young people finding it extremely difficult to find a job according to ONS statistics.

WHY 16 - 24 OLDS?

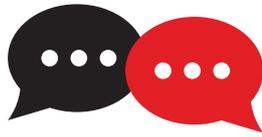
Graduates are finding it extremely difficult to find a job with 'lack of experience' being deemed a major factor for them failing to get a job.

OUR PROMISES

Our young people develop a work ethic and understanding of the working world by being trained and offered in-house jobs to fundraise for the company. We personally screen all candidates suitable for external roles.



TEL: 07594 828383 EMAIL: INFO@INSIDESUCCESSUK.COM + INSIDESUCCESSUK@GMAIL.COM
WEB: WWW.INSIDESUCCESSUK.CO.UK



LEXI

Since working at Inside Success my talking skills have improved and I am much more able to speak confidently. This has massively contributed to my journey of getting over my anxiety as it gives you a chance to experience what real life is, how people actually are and how our city works. I will be able to apply these skills later in my life.



MILENA

Inside Success has helped me with my socialising skills and made it much easier for me to be able to approach people. It has definitely taught me how to be more independent as well as the importance of it. Lastly, Inside Success has aided me in my money management!



FARHEEN

Working for Inside Success has really helped me with my communications skills, and this had a massive impact on my confidence too. It has made me feel more independent in my everyday life and really built up my confidence!



MUSTAFA

Inside Success has helped me with my drive to get money and save it for my future! One thing I have noticed is that my communication skills have improved vastly from when I started. This has a big part to play with dealing with rejection in a mature way. The community here is very diverse and full of kind people.

Welcome to the Inside Success Patreon

We are very excited to announce the start of the online Patreon Subscription service. This service is for those individuals who support Inside Success and what we do for the youth and the community.

By supporting and purchasing a membership for this Patreon, not only will you be receiving valuable and insightful content on a regular weekly basis, but you will also be helping the organisation to continue carrying out all the positive and amazing work that we've been doing up until now which is documented on our Instagram @insidesuccessuk.

You will be receiving the following content and benefits on a weekly basis:

- Article posts on personal finance, health & fitness, mental health, entrepreneurship & more!
- Behind the scenes posts and videos on the work that the organisation carries out i.e. work shops, event days and interviews with special guests etc.
- Exclusive footage from our podcast Let's Talk About It
- 1-to-1 support and communication for Patrons
- Polls for all the supporters to pick topics to talk on & the opportunity to ask questions for subjects they need help on

& much more! This is just the beginning as we have plenty of plans and goals to further expand the Patreon and improve and refine it.

By supporting the Patreon, you will be receiving all the benefits above and the money you are spending will go towards the organisation helping fund all the opportunities we provide for the youth i.e. the weekly workshops, the training qualification courses in Music, Computer Programming, Acting, the CV and confidence building training, work experience opportunities, IS Interactive Events, The Podcasts, IS Film Projects & Full Time job opportunities in Sales & Marketing, Administration, Digital Marketing & many more!

We thank you for your support thus far and are looking forward to seeing what we can achieve as we start this new journey! See you all on the next post!

Follow @insidesuccessuk for more!



INSIDE SUCCESS - SIGN UP TODAY:

ARTICLES ON INSIGHTFUL TOPICS | £10 OFFICIAL PATRON

Posts & vids on personal finance, mental health, fitness & wellbeing, crypto and investing etc.

BEHIND THE SCENES | £15 VIP PATRON

Exclusive footage from all the work that we do i.e. work shops, live events & podcasts etc.

IS MAGAZINE IN DEPTH COVERAGE | £20 ELITE PATRON

In depth coverage of magazine topics along with free digital copy of quarterly IS Magazine Issue and 1-to-1 support and communication



SCAN ME

Members of Inside Success talk about what they are currently doing...



AISHA

I have only been at Inside Success for eight months, not long at all but this organisation has still managed to enable me to have more opportunities to allow me to create, explore and grow. I was introduced to Inside Success via word of mouth. I began as an outreach, which enabled me to gain new skills and develop skills I already had. Outreach is something that people have deemed to be 'too hard', which is true to some extent, but I learnt almost all possible ways to become better at outreach. From there, I became a Team Leader, which consisted of me fulfilling my leadership role to motivate and support my team of outreachers. As an outreach, you learn the importance of hard work. With that in mind, any hard work I did paid off, producing sales I never thought I could and allowing me to become a stronger outreach. Currently, I am engaging in Corporate Sales. This job role gives me the opportunity to delve deeper into the world of business, and it also allows me to conduct myself appropriately within a professional environment. In this role, I am able to apply the same skills I acquired during my time as an outreach, as well

as being able to learn new skills. Inside Success does not just provide opportunities such as education and jobs, even though they are of great importance. Inside Success ensures that each individual is able to grow and develop their passion, with no limitations. This is what I experienced and saw with my own eyes. The young people of Inside Success are filled with pure motivation and belief, something Inside Success implemented within me, along with relentless resilience. I had never imagined Inside Success would have such a great impact on my life. I can only hope that another young person experiences it. I look forward to the journey Inside Success takes me on.

JANNAH

I've been at Inside Success for a short period of time. I've worked in multiple departments such as digital marketing and admin. I was given choices within the career paths I could take, whilst being motivated to gain valuable skills and build on my character and self-esteem. It's an honour to assist in aiding young people and creating a change, by not only giving employment opportunities and qualifications, but joining a family and experiencing the feeling of belonging.

I myself had no knowledge on the conflicts and issues young people were facing until I joined the company. I hope we can grow and create awareness on these issues that young people are facing and strive for a better future.

...Meet and greet the Team.



NAYAB

During COVID-19, Inside Success offered me my first job role within admin and allowed me to understand the life and formalities of being in a working environment. Furthermore, I gained experience, skills and overall development and maturity in terms of my character.

I have learnt how to overcome difficulties, such as setting boundaries and understanding how to strengthen my weaknesses. This has allowed me to set boundaries for myself and gave me confidence to trust my ability to achieve my goals.

Inside Success gave me the opportunity to communicate with a variety of people who have similar goals and interests as me. I have made friends within my job role that have helped me to mature and view life from a different perspective. My managers and colleagues have been perfect role models who have inspired me to work to my full potential and get outside of my comfort zone. In the future I hope to continue working hard and develop into a character that my younger self would be proud of!



MUSTAQ

I started working in the digital marketing department at Inside Success after graduating in my masters with some experience already under my belt. However, working at Inside Success has enabled me to further that knowledge and experience in my field related to my studies. To me, this was very invaluable considering how difficult it was for graduates to get a job related to their studies in the current economy since COVID-19. With a motivating and encouraging team around me, I was able to learn new skills and knowledge on the job using what I already knew and through hard work and perseverance, have now managed to get to a position where I am leading the digital marketing team. Working at Inside Success has allowed me to improve upon what I already know, whilst networking, meeting new people and learning new perspectives, hence furthering my outlook on life and helping me apply the same knowledge and skills to progress my current side businesses which are a clothing brand, retail outlet and media.



STEP FORWARD DREAM BIG

SHORT COURSES AND WORKSHOPS

INSIDE SUCCESS UNION CIC IS A SOCIAL ENTERPRISE THAT SUPPORTS YOUNG PEOPLE (AGES 16-24) WITH JOBS, TRAINING AND EDUCATION. WE EXIST TO HELP OTHERS CULTIVATE THEIR INNER SUCCESS BY OFFERING A WIDE RANGE OF COURSES AND WORKSHOPS TO SUIT YOUR THEIR NEEDS AND READY THEM FOR EMPLOYMENT. WE OFFER OUR SERVICES TO YOUNG PEOPLE FOR FREE AS A HELPING HAND THEY MAY NEED TO HELP ELEVATE THEM TO THE NEXT STAGE IN LIFE. IN ORDER TO DO THIS, WE SELL OUR MAGAZINES TO FUND THE COURSES.

WORKSHOPS AND COURSES WE OFFER

- DIGITAL SKILLS
- DRAMA
- CONSTRUCTION
- MARKETING
- SPORTS COACHING
- EVENTS MANAGEMENT
- MUSIC PRODUCTION
- CAREER DEVELOPMENT
- IT
- PODCASTING/PRESENTING

PRICES PER YOUNG PERSON

- COURSE TASTER DAY – £25
- 3-MONTH COURSE – £300
- 6-MONTH COURSE – £500

If interested in other courses then please get in contact with us



WIN £500 WORTH OF WESTFIELD VOUCHERS



3 easy steps to be in with a chance to win:

- 1
- 2
- 3

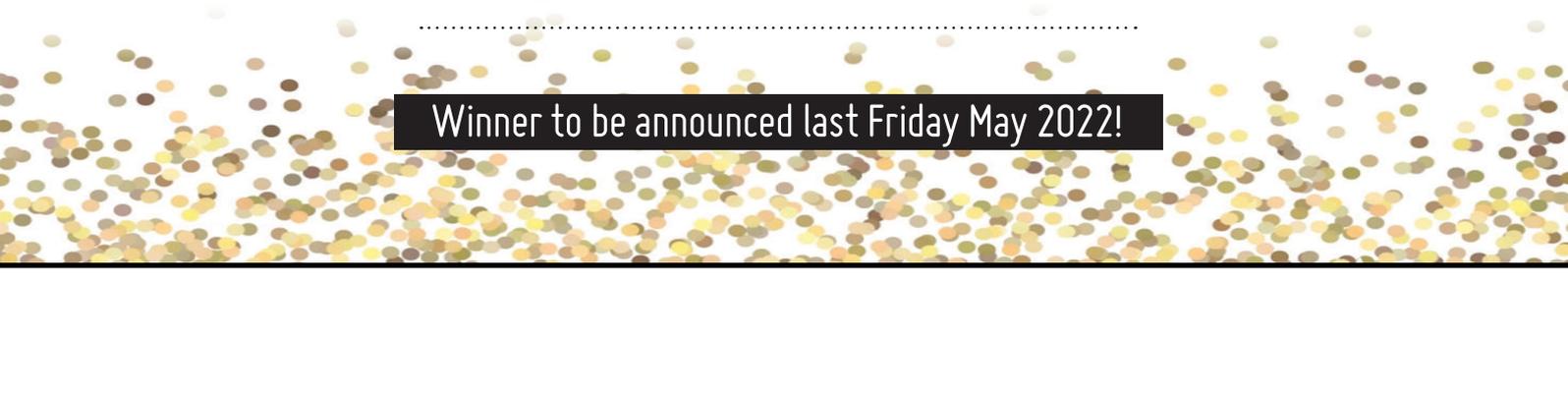
Scan the QR code or visit bit.ly/3p0ehz2

Fill the information and answer all questions

And be entered to win £500 worth of Westfield's Vouchers



.....
Winner to be announced last Friday May 2022!





Our community and our youth have banded together with Inside Success to establish a football team. With weekly matches and intensive mentoring, coaching and training, young people are provided with the ability to gain qualifications, as well as, open up career avenues within the sport sector.

At INSIDE SUCCESS we are about providing as many various opportunities to the youth as possible, as we understand their interests and talents differ, and the football club is an opportunity within the limited fitness, sports and health sectors.

But we need your help. We have started a new campaign with the aim to further fund our football team, enlarge and strengthen it but to also form a football team for the females in our youth.

Other costs such as maintenance costs all add up from:

- Hiring the football pitch 1-3 times per week
- Hiring coaches to train the participants
- Purchasing football kits for the teams
- Travel costs
- Advertising fees
- Recruitment fees

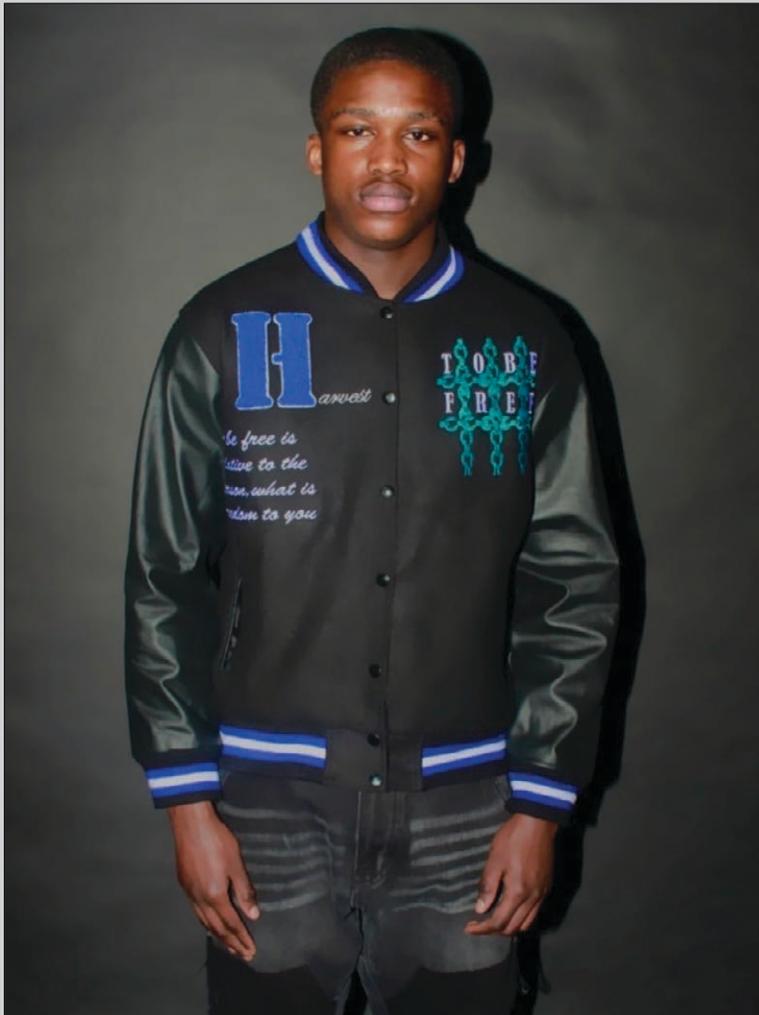
TO JOIN US AND SEE OUR INTRICATE JOURNEY, CHECK OUT OUR SOCIAL MEDIA PLATFORMS, [DONATE TO OUR GO FUND ME PAGE](#) AND HELP THE YOUTH NOW!

Introducing HARVEST

You reap what you sow

Harvest is a brand formulated to push the notion that whatever you put into life is what you get out. Our mantra is 'You reap what you sow' encouraging each individual to 'sow' positive things into their life in order to 'reap' good rewards.

We ensure that everything is to the best standard from the material we use to the way it fits and how wearable it is. All in all we want to make high quality and fashionable pieces with great messages attached to them.



WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

SIXES CRICKET CLUB



Sixes cricket club is a club and bar located in Fulham and Great Portland Street. You can Book your session online then pick a skill level and choose between games such as Cricket Batting Nets, UV Cricket (glow-in- the-dark batting nets) or Virtual Reality Cricket. The games last for 30 minutes in their Batting Nets for two people, one hour for between three and nine guests and 90 minutes for between 10 and 15 guests. Bookings come with tables where you can order BBQ food and cocktails drinks during the game.

THE GLITCH BAR



The Glitch Bar is a brand new unique arcade bar based in the loft at The Joiner, Shoreditch, London. They include arcade games sponsored by Laine Brew and Co (serving food and drinks from the Glitch Menu) such as Air Hockey, Table Football, Bubble Ice Hockey, Dance Stage on the Mega Screens and Glitch Raceway which is a 10-driver motor racing experience where you get behind the wheel and drive your miniature car. Every race is supported by live commentary and operation, a real-time leader board so you can keep track of your progress and full driving controls.



STREET HUNT GAMES

StreetHunt Games provide engaging outdoor, self-guided mysteries set around captivating locations – think grown-up scavenger hunt meets escape room meets murder mystery, played outside across London.

Our debut game, Colombia's Finest, introduces you to Jim Robusta and his coffee company. Jim's colleagues have shady pasts and Jim has asked you to sniff out evidence of crime amongst the caffeine. The price starts at £15pp and takes around two hours.



TASTE FILM

Taste Film transforms dining rooms into immersive film worlds by screening classic films and providing guests with themed set-menus based on the film you choose to watch. In collaboration with well-rated restaurants and independent chefs in unique spaces, their main purpose is to create the most memorable, edible moments.



AC MUNCHES



HAKKASAN (HANWAY PLACE)

LOCATION: 8 Hanway Pl, London W1T 1HD
PRICES FROM: £60-100 PP
CUISINE: Cantonese

One of my favourite restaurants I have been to. Hakkasan is the place where you can go spend a lot of money on good food and leave with a full belly whilst receiving the elegance and class provided by an establishment like that. A Michelin star restaurant you must see for yourself.

FOOD 10/10 **DRINKS** 10/10 **AMBIENCE** 9/10
OVERALL 10/10



BUSABA

LOCATION: Westfield Ave, London E20 1GL
PRICES FROM: £10-30 PP
CUISINE: Bangkok/Thai

Very nice place with good food and good prices. If you are looking for a munch while you are out and about and not looking to spend a lot then it is a good choice.

FOOD 9/10 **DRINKS** 9/10 **AMBIENCE** 8/10
OVERALL 9/10



STK

LOCATION: 30 John Islip St, London SW1P 4DD
PRICES FROM: £60-80 PP
CUISINE: American

A high end American restaurant specialising in steak. Now as a restaurant, the place has beautiful decoration and you can tell how classy it is as soon as you get in. You will enjoy yourself. Overall I have been to better places that are "high end" but I would still go back 100%. Give it a go.

FOOD 7/10 **DRINKS** 7/10 **AMBIENCE** 7/10
OVERALL 7/10



TAYYABS

LOCATION: 83-89 Fieldgate St, London E1 1J
PRICES FROM: £20-25 PP
CUISINE: Pakistani

Tayyabs is a beautiful Pakistani restaurant in Whitechapel. They serve all your favourite curry options and make your tastebuds dance. My curry of choice was the lamb sagg and it did not disappoint. The sizzling lamb chops and chicken tikka were very nice and NOT dry which was a bonus. The mango lassi I could drink that all night honestly. The restaurant itself is very big and is very accommodating.

FOOD 9/10 **DRINKS** 10/10 **AMBIENCE** 8/10
OVERALL 9/10



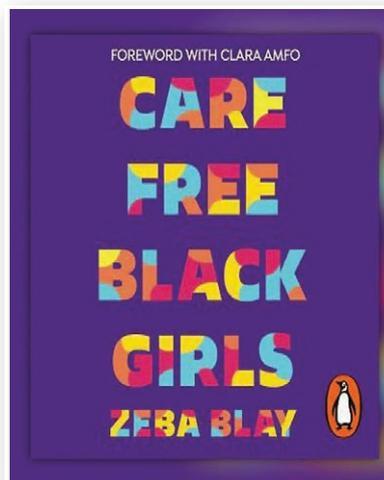
See

THE BATMAN, MARCH 4TH 2022

In his second year of fighting crime, Batman uncovers corruption in Gotham City that connects to his own family while facing a serial killer known as the Riddler.



Read



CAREFREE BLACK GIRLS , BY ZEBLA BLAY

Carefree Black Girls is essentially a mood board dedicated to the joys, triumphs, emotions, and glamour of Black women and artists. The culture critic expands on her curation in this collection, with essays about the impact Black women have had on the zeitgeist.

Buy



BACK TO THE ROOT – AQUAPONICS TANK

A self-watering, mess-free planter where you grow your plants and the excess water is used as an aquarium for your fish to create a mini ecosystem.

OUT NOW

Inside Success
PRESENTS

LET'S TALK ABOUT IT

**ABOUT THE YOUTH
FOR THE YOUTH
BY THE YOUTH**

Podcast:



TOJU
COMEDIAN

WWW.UGOTJOKESTV.COM

**COMING
SOON!**

AMERICAN HERO

TOJU COMEDIAN SEMI-FINALIST OF SERIES 8 OF BRITAIN'S GOT TALENT IS HERE WITH HIS ONE MAN SHOW AMERICAN HERO. BE PREPARED TO BE IN STITCHES AS HE TAKES US ON AN AMERICAN JOURNEY WITH HIS NO HOLDING BACK ENERGETIC COMEDY, HILARIOUS STORY TELLING AND IMPRESSIONS.

