

How to get ready to find a job



Easy read guide



People start work in different ways.



Some people go straight into a paid job.



Some people take time to feel more confident.



Everyone is different.

Finding out what you like



There are lots of different types of jobs.



It can be hard to know where to start.



It is important to think about:



- What you enjoy doing



- What you are good at



- What kind of place you would like to work in



You can talk about this with:

- A job coach



- Your support team



- Teachers



- Family and friends



They can help you think about jobs you might like.

Learning skills for work



Before finding a job, you could try to learn new skills.



These could be:

- Talking to new people



- Travelling to places on your own



- Working with a team



- Following instructions



These skills can help you feel more confident about work.



Take your time and keep trying.

Trying out work



You can try out different work before applying for a paid job.



Some people choose to **volunteer**.



Volunteering means helping somewhere without being paid.



It helps you get experience or try out a type of work.



Some people try **work experience** or an **internship**.



This means working somewhere for a short time to learn about the job.



You might volunteer or do work experience in places like:



- A charity shop



- A café



- An animal shelter



- An office



Volunteering or work experience can help you learn:



- How to work with other people



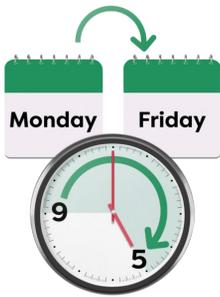
- How to follow a routine



- How to do new tasks



- What skills you are good at



You might work full time or part time.



Part time means you work for less hours in the week than normal.



Sometimes volunteering or work experience can lead to a **paid job**.

Supported employment



Some people join supported employment programmes.



Supported employment programmes can help people learn skills for work.



You might get a job coach who will help you:

- Look for jobs



- Apply for jobs



- Practice interviews



- Be more confident



- Stay in work



- Understand how work can affect your benefits



You might need less support as you get more confident.



SeeAbility has job coaches that can help.

**Ready
Willing
& Able**

Our supported employment programme is called Ready Willing and Able.



You can email us at rwa@seeability.org to find out more.



You might be nervous about finding a job.



But we are here to help.



www.seeability.org



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