

TOP 5 CAREER TIPS FOR THE SUMMER

The quieter summer period gives jockeys the time to think about gaining some extra qualifications or experiences and make the most of any 'down time' during the summer to plan ahead for your future. Here are our top 5 career tips:

1. Create/update your CV

It is always useful to have this important careers tool up to date and ready to send to potential employers. Even if you don't have many qualifications, it can help present you as an individual. JETS can help you build your CV from scratch or give you tips on how to improve your existing CV. See our [CV template](#) for ideas on how to start.

2. Carry out some training

JETS provides funding for all sorts of [training courses](#) from basic skills courses to specific vocational courses and individual or group media training sessions. These could be one day courses, week courses or part time evening courses which sets you up with a new skill and is a useful addition for your CV.

3. Gain work experience

If there's an area that you're particularly interested in one day working in, JETS can help you set up a taster day so you can learn more, meet people in that area and find out whether you think it is a career path you'd like to explore further. A good place to start is with our [Friends of JETS](#), companies who have offered to provide career support to jockeys.

4. Research Careers Options

The [Careers Support](#) section provides information and resources about second careers available to jockeys. There are Career Spotlights giving insights to specific sectors and information about setting up your own business. JETS can help every step of the way. There are also useful websites such as [Careersinracing](#) and other industry specific careers websites highlighting different opportunities.

5. Build your contacts

Whether it's simply making contact with JETS to register your interest in career planning, [signing up for our Enews](#) or following us on [Instagram](#), you are preparing yourself for your future. Many jockeys get jobs through someone they've come across in racing, so if you have met people who you think may be interesting contacts to maintain in the future, drop them an email to ensure they have your contact details.