



An A-Z Guide **on Acing Your** **Apprenticeship**



for Attitude, as in choosing it.

When you walk into work/college, you have a choice about how you present yourself to the world. Your attitude will affect how you learn, how you interact with your team and clients, and even how you feel. Choose the attitude that will give you the best opportunity to get where you want to go.

And if you are having a rough day no matter how much you try to choose your attitude, talk to your trainer/manager - they are here to support you.



for...Be Present

In a world full of pings, it is easy to get distracted. According to the latest research, humans now have a concentration level of less than a goldfish - yes, we now concentrate less than a goldfish! *

Being Present means giving your full attention to something. It means not getting distracted and being fully there, in the moment, giving it your all.

Be better than a goldfish...



for... Commitment

Commit to yourself, your education, your salon, and your team.

It's that commitment which will get you out of bed in the morning, and it is that commitment which will keep you going, even when it gets tricky.



for ... Doll's head, your secret weapon in your hair dressing toolkit arsenal

Take it with you on client quiet training days and use it at home to practice. If you are practising cutting, start with long haircuts and move up to mid-lengths, bobs, and then short haircuts.



for energy.... You're going to need it

Make breakfast the most important meal of the day, fuelling your body, and your mind for the work ahead.



for ... Failure - it is ok to fail

In fact, it is an expectation to fail - you will take that corner out of the haircut, and your foils will bleed, but the most important thing is to learn from it.

Failure is one of our greatest teachers.



for ... Goals

Where do you want your hairdressing career to take you? What would you like to achieve?

Have a think, then grab a pen and paper (I know, old skool!) and write them down. Stick to your goals by committing them to paper.

Once you have your big goals, start looking at how you can break them down further and create mini-goals. Mini-goals are mini wins that will help the big goal seem less overwhelming.



for Help

Please, please, please (times infinity) if you are stuck, ask! Your educators are there to educate, so make sure you use their knowledge to your advantage.

Plus, it is just as important to help others, so if one of your classmates is struggling, offer to help them out.



for... Inquisitive

Stay curious, and ask questions (also see H). Inquisitiveness is the key to learning.



for ... Join in

Put yourself forward, get involved, raise your hand. I know it can be scary to put yourself out there, but do it, take yourself out of your comfort zone.



for ... Keep Going!

Becoming a hairdresser is tough; there is so much to learn, but please don't give up!

Every six to eight weeks on your apprenticeship, you will have a review* with your training consultants. Use this as an opportunity to discuss how you are doing and be honest. Your Training Consultants are there to support you.

* A review is a meeting to see how you are progressing with your qualification and apprenticeship.



for... Laughter

Enjoy yourself, have fun, don't take yourself too seriously. You are open to so much more knowledge when you are relaxed. Breathe.



for ... Motivation!

Tough love time - the only person who can motivate you is you. Yes, others can definitely inspire you, but in the end, it is down to you.

One of the best ways to get motivated is to know where you want to go in your hairdressing career, Top Designer in your salon? Session Stylist? The Best Salon Boss Ever? This is what will motivate you.

(If you're not sure where a hairdressing career can take you, check out the film 'Journey to My Destination' by Sally Brooks @sallybrookshair on Amazon).



for ... No!

(I bet you weren't expecting that) as in, 'No, I don't understand, please, can you show/tell/explain that to me again'. It is soooooooooo (extra o for emphasis) vital that you tell us, your teachers when you don't understand something.



for ... Opportunities

Take them, grab them, and put yourself firmly outside what is comfortable for you.

success.

Go For It!



for Preparation

Make sure you arrive at your salon, academy, or college on time and with all the right equipment. Don't be that person who delays their learning by never having their scissors, dolls' head, or comb on them.



for Question

(I bet you kinda knew that already!). Ask questions, answers questions, ask why, why, why.... Make it your mission to understand what you are doing and why you are doing it.



for ... Realistic Expectations

Just as you can't take a box dye black to a platinum blonde in one hour, you also can't achieve being a hairdresser in 12 months. It can be tough and frustrating, and sometimes you are going to think, what the hell am I doing, BUT remember why you are doing it in the first place (see also G).



for ...Standards

What are your standards? To what extent do you hold yourself to account? Are you keen one day and then can't be bothered the next? Remember, not only are you sabotaging yourself, but you could also be damaging your team if a client/model has a bad experience.



for ... Trust

Trust your Teacher/Trainer/Manager. They want you to succeed. Trusting in them makes it so much easier when you have to hear the hard stuff because you know it's coming from a place of care.



for ... You!

(Ok, so I appreciate that's not grammatically correct). Check in with you. How are you doing? How is your Apprenticeship/Course going? Do you need more support? Are you enjoying it? Ask yourself these questions to make sure you are on the right track.



forVidal Sassoon

You need to know who he is. Enuf Said.



for ...Water

Drink it, lots of it. A dehydrated mind lacks focus and concentration, so give yourself a boost by drinking plenty of H2O throughout your day.



for... Excellence

(I am getting a bit liberal with the grammar now) aim for it, strive for it. Everything you do, you should do it to the best of your ability, you must be consistent, and it is only through constantly aiming for excellence that you can achieve this.



for ... Yes. Yes, yep, yeh

However, you say it make sure you say it often. You will learn so much by saying yes (and allowing yourself the space to fail). And as the saying goes, knowledge is power.



for... Zzzzzzzzz

You must have enough sleep. You can face your day with energy and clarity when you have a good night's sleep. So, leave that phone downstairs and get your recommended eight hours a night.



Feel-Good Hairdressing

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