



Support
through your APC

Working towards your APC can be one of the most demanding times you'll face during your career, and we know that for many people it can be a long and sometimes arduous process.

The expert team at LionHeart is here to support RICS professionals, from the day they embark on their APC journey, throughout their working lives and into retirement.

As the only charity set up specifically to help RICS professionals, we are perfectly placed to understand the pressures facing young surveyors. We know that because working towards your chartered status is so very important to you, it's a time in your life that has the potential to become very stressful.

LionHeart can offer support during this time in a variety of ways.



Help with Work Life Balance and Stress Management

If you find the demands of working and studying at the same time are beginning to have a negative effect on your personal life, our experienced support officers can help you re-balance things.

Sometimes, it can be as simple as having someone to listen to your worries, but we can also help you identify the early signs of stress and find coping strategies to manage that before it leads to more serious problems.

Our team has given many APC candidates the practical and emotional help and guidance they need to get through a challenging time. No-one can perform at their best when they're feeling over-stretched and off-balance, so don't try to cope alone.



CPD Workshops & Webinars

Our training workshops and webinars have all been carefully designed to help support your wellbeing, personal and career development - and may count towards your CPD requirements as well.

All have been devised especially for LionHeart with chartered surveyors in mind. They include help to improve your work life balance, manage stress and build your confidence and resilience, as well as the type of skills that you'll need as you progress through your APC including time management, presentation skills and maximising your professional brand and profile.

Our mental health awareness and wellbeing subjects all aim to help keep you happier and healthier in both your work and personal life.



I've gone from feeling constantly on the edge of an abyss to being grounded with a plan.



Counselling & Coaching

If there's something going on in your life and you're struggling to cope or find a way forward, a professional therapist will offer you a safe non-judgmental space to talk things through.

Counselling has now become one of our most-requested services and people tell us what a huge difference it has made to their lives. We're also proud to offer fast access to this expert help – because when people need help, they need it quickly.

Our one-to-one coaching service may also help you as you work towards your goal, particularly if you are lacking in confidence or struggling with stress.



Approaching Final Assessment?

As you approach your final interview, we understand what an important (and stressful!) time in your career this can be, because you've worked so hard to get this far.

Our support officers can offer a free practice session for you to run through your presentations, offering tips on your presentation style and how to tackle nerves, so you feel as confident as possible going into the big day. While we can't offer technical advice, many candidates have found it very useful to have an impartial sounding board and have gone on to achieve their chartered status shortly afterwards.

If you'd like to find out more about any of our services, why not speak to a support officer in confidence on 0800 009 2960 or +44 (0) 121 289 3300



LionHeart's support was a real game changer when I failed my APC. I felt like I'd regained the confidence and drive needed to move forward.



www.lionheart.org.uk

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LionHeart is a charity registered in England No. 261245.