



Support for Global APC Candidates

LionHeart is the independent charity that supports RICS professionals and their families. That means that every year we work with APC candidates all over the world as they work towards their goal of becoming chartered with the RICS.

Becoming a chartered surveyor offers you many career opportunities and a globally recognised qualification.

But we know that what can be an exciting time in your career can also be one of the most demanding and stressful times you will face. There are many ways that the experienced team at LionHeart can help you.

Here are some of the ways we can help:



Professional counselling in your preferred language



Back to work help after unemployment or redundancy



Support following bereavement



Help with mental ill-health, stress or anxiety



Support through serious ill-health or disability



Financial grants in certain circumstances

FAQs

Do you help members anywhere in the world?

We help RICS professionals no matter where they are based. For those who need counselling support, this will be offered by our trusted local partners, but the LionHeart support team will still be with you every step of the way.

I'm not MRICS yet, am I eligible?

You are eligible for support from LionHeart as soon as you're an AssocRICS or on your APC pathway; this continues for the rest of your career and into retirement.

Can I only receive help from you if I've 'paid in' to LionHeart first?

Sometimes people have the misconception that LionHeart is a kind of 'insurance policy'. It is not necessary to have made a donation in order to receive support from us; if you are or have previously been an RICS professional then we'll do whatever we can to support you, whatever the circumstances. We do have set criteria and guidelines to follow when it comes to grant giving; however, this is to do with people's savings and income and is in no way related to donation history.

LionHeart webinars for APC

LionHeart offers a selection of webinars specifically aimed at supporting your health and wellbeing, and career and professional development right throughout your career.

We highly recommend the following for APC candidates:



- We offer webinars every month that may count towards your CPD requirements. To find out the forthcoming schedule and book your free place please visit www.lionheart.org.uk/events
- You can also find some recorded sessions in the webinar library www.lionheart.org.uk/webinar-library

LionHeart APC practice presentations



If you're approaching your final interview, we understand what an important (and stressful!) time in your career this can be. Our support officers can offer a free practice session for you to run through your presentation and offer tips on your presentation style and tackling 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.

You can find out more about LionHeart practice presentation in this short video:

How LionHeart helped me

Two people who used LionHeart's services during their APC share how it helped.

Hasan Al Zabeel MRICS, Bahrain



Whilst preparing for my APC in January 2019 my father passed away, leaving me stressed and anxious. I read about LionHeart and felt they would understand and help me to maintain my sanity throughout this process. My support officer Tracy allowed me to practise my APC presentation with her and provided me with tips to increase my self confidence. I don't think I would have made it without LionHeart, the stress was too much to deal with alone. I would definitely recommend anyone suffering emotionally to contact LionHeart without hesitation.

LionHeart support officers are trained professionals bound by confidentiality and they exist to support you. I have already recommended LionHeart to two of my colleagues who have benefited from their support.

Babatunji Adegoke MRICS, Nigeria



I sent an email to LionHeart requesting a mock interview for my APC final assessment. This was after I passed the APC preliminary review. The support made a lot of difference. I was advised on how to make my presentation slides less wordy and I was also supported through presentation practice. This practice gave me confidence for the final assessment interview. I wish more candidates knew that they can reach out to LionHeart for support, especially for their final APC assessment interview.

What we want you to know about LionHeart

LionHeart's global ambassadors volunteer with us to help us reach more people, wherever they are based. Here two of them share what they want you to understand about your charity.

Sobha Rani FRICS, India



As an ambassador for LionHeart, I wish more candidates and members knew that behind the prestigious institution lies a compassionate heart, ready to support and uplift its community. LionHeart is not just an organisation; it's a lifeline, a source of strength, and a symbol of unity. It stands as a reminder that no matter how daunting the challenges we face, we are never alone.

Dele Oyekanmi FRICS, Saudi Arabia



I have been fortunate to be involved with LionHeart for some years. I can identify with the objectives and values of LionHeart, not only due to my background with charity work in Africa but also because I have been through financial crisis myself in the late 2000s.

I wish that candidates and RICS members knew that LionHeart has a big HEART. A heart of compassion and support. Everyone goes through something negative in life at one stage or another and I know particularly with men that we hide our problems hoping or believing they will go away. LionHeart is there to reassure and show empathy during times of trial, trouble, depression or loneliness. Members can reach out for support, counselling and in some cases financial help.

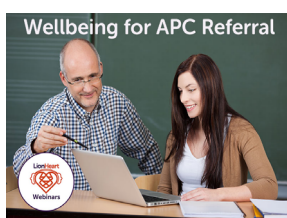
Support following referral

The RICS APC process can be stressful and demanding and, if you don't get the result you have worked so hard for, we understand this can be very disappointing because it is such an important career milestone.

Being referred does not mean you'll never be chartered – it just means not now. In fact, many successful chartered surveyors took more than one attempt. It can be hard to bounce back and get ready to try for your goal again, but the team at LionHeart specialises in helping you to do that. We can offer:

- **Counselling and emotional support**
- **Coaching style sessions to improve your confidence**
- **Interview and presentation skills practice**

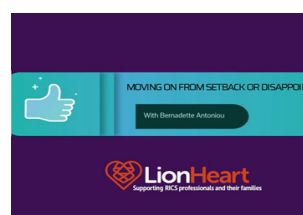
Webinars



Wellbeing for APC Referral

Being referred at your final APC assessment can knock you for six, but our special one-hour webinar will give you practical tips to move forward successfully - while looking after your wellbeing at the same time.

Watch



Managing setbacks and disappointment

Everyone hits a setback or disappointment at some point in their life and this video will talk you through some techniques and principles of CBT that can be used to help you move forward.

Watch

Blogs

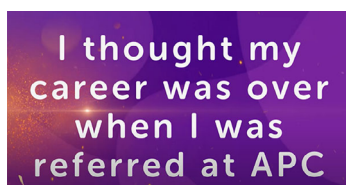


Help! I've been referred... what now?

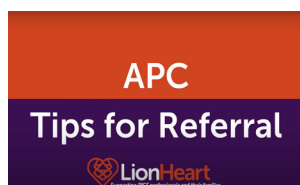


6 top tips if you've been referred

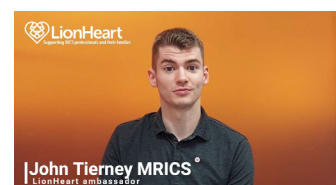
Experiences of some of our APC ambassadors



I thought my career was over when I was referred at APC.



Stu Blick and Rachel Hogg share what helped them following APC referral.



John Tierney passed his APC on the fifth attempt after receiving our support.

Whether you are struggling to manage stress in the lead up to your assessment or finding it hard to deal with your referral then why not get in touch and see how we can help. **Call: +44 121 289 3300** **Email: info@lionheart.org.uk**

