

# BUILD YOUR CONFIDENCE AND REALISE YOUR POTENTIAL

In preparation for leaving the police service, retiring and retired officers contact PRRT for assistance in exploring future opportunities, the options open to them and how to set and achieve their goals. For many this has involved taking a course and entering education to gain knowledge and learn new skills or to update skills that have not been used for a while.

## How successful are police officers in achieving qualifications and learning new skills?

In our experience police officers are extremely capable and able to accomplish great things particularly when taking qualifications and learning new skills. From April of this year 87 clients have already achieved full qualifications or are well on their way to doing so. The range of course types and subjects of interest to our clients demonstrates the versatility of officers, both serving and retired. Clients currently taking courses are doing so to find employment in a different sector and to remain active in retirement.

The Personal Development and Training service has supported many of these clients in finding the right course, providing details of suppliers and offering assistance with the cost of courses for eligible clients.

## What qualifications and training are police officers interested in?

As mentioned, PRRT clients have many different interests and abilities, this often influences their choices and options for the future. There are a vast number of courses and qualifications to choose from, it is important to select a course that is manageable and fits in with work and personal commitments. Courses range from a Level 1 to Level 8 and are delivered in different ways by a broad range of providers. There are also courses that focus on learning new skills and are very practical in nature, some examples completed by clients are upholstery and wrought iron/metal working.

Of the 87 clients, 18 have achieved or are continuing to work towards a degree level qualification. The degrees taken are varied and reflect the interests of the individual. Examples of topics studied include law, financial investigation, mathematics, business studies, sports science and nutrition.

Driving is a popular category with 13 clients gaining licences to drive coaches, mini-buses, articulated vehicles and oil tankers from April of this year.



Clients have achieved qualifications within the therapeutic and counselling field, others have focused on physical fitness and wellbeing through achieving qualifications in personal training.

A number of clients have achieved qualifications to enable them to be licenced by the SIA (Security Industry Authority) in the areas of door supervision, public surveillance (CTTV) and close protection.

## How can PRRT help me to gain new skills and/or a qualification?

Meeting with a Career and Personal Development Coach is the first step towards discussing training and qualifications to meet your needs. Many clients are returning to study for the first time in many years, the prospect can be quite daunting. Talking through the options, whether you have decided on a qualification or are not sure of what you want to do is recommended. Our staff are knowledgeable in the area of qualifications offered and have information about the providers of training. Our professional coaches can also let you know

if you are eligible to make an application for Training Support and will explain the process to you. You must contact PRRT before starting a course as retrospective applications are not considered.

## Who is eligible for Training Support?

- Serving Officers with a leaving date within the next 5 years are eligible, they must also have a minimum of 25 years of service.
- Serving Officers with less than 25 years of service who have a leaving date.
- Serving Officers in the process of medical retirement who have less than 25 years of service.
- Retired Officers who have not been in paid employment for a period of 1 year or more from their leaving date, this includes self-employment.

**To find out if you are eligible for assistance through PRRT please contact the Services Administration Team at 028 9042 7788 or by e-mail [servicesadmin@prrt.org](mailto:servicesadmin@prrt.org) or Text Relay PRRT at 1800102890427788.**

PRRT is based at Maryfield, Holywood and provides psychology, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly. For further information or to make an appointment please call 028 9042 7788.



**Rehabilitation and Retraining Trust**

**For further information on all PRRT services please visit [www.prrt.org](http://www.prrt.org).**