

Sophie Sylvester Project Management



The basics

Name:

----- Sophie Sylvester -----

Apprenticeship:

----- Project Management -----

Department:

Health, Safety & Wellbeing (HSW) on the
Transpennine Route Upgrade (TRU)

Employer

----- Network Rail -----

A Typical Week

In my week I tend to spend four days in my job role where I attend meetings on key project workstreams like our HSW Executive Meeting, planning for upcoming campaigns, producing periodic briefings, scheduling, and collating presentation packs. I spend at least one day per week completing off the job hours for my university, including lectures, study, research, assignment writing, and building my academic portfolio.

Why an apprenticeship?

An apprenticeship is excellent for career development because you earn while you learn. I am continually building knowledge and skills through practical experience, expanding my network and reputation, while gaining a high level qualification. There is a strong balance of education and real-world experience without the burden of student debt.

Top Tips / Advice

- Be open to opportunities
- Explore different teams / disciplines where possible
- Do small tasks well to build your reputation - being efficient and dependable is a key quality
- Connect with fellow apprentices / graduates
- Always think 'how can I apply this to my portfolio', and keep track of what applies

