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Can you tell us a little bit about your job and your career journey?

For my role I use my understanding of human behaviour and research methodologies to learn more about people and how they interact with technology, so that software can be developed in a way that makes it as easy as possible for humans to use.

My career journey has included various roles ranging from working on market stalls to working with people to improve their mental health. After formal education I worked within and applied psychology in various ways including market research, mental health rehabilitation, recruitment, training and executive education and consulting before working within the tech sector for small enterprises, large multinational organisations as well as working independently.

What did you want to be when you grew up and why? Who inspired you?

I wanted to be a Pilot, a Psychologist and an Optometrist when I was growing up. I was (and still am!) inspired by my Mother, my Grandfather, and people who were around me.

What events and activities have you taken part in?

Developed and delivered interview skills workshops, mock interviews and feedback, CV writing workshops, career speed dating, participating in careers panels, women in STEM roles, key note speaking and careers presentations.

What difference did you want to make for yourself and young people through volunteering with Inspiring the Future?

I wanted to show young people that they already have skills, talents and attitudes that can be an asset to them in the working world. I also wanted young people to see working within psychology as normal, working in multinational organisations as normal, being a woman working with and using STEM skills as normal and being a black woman working in these spaces as normal. It's important to me to show this to young people who might not recognise it as a normal thing to be and do.

How long have you been volunteering with Inspiring the Future?

Seven years.

What have you learnt from volunteering with Inspiring the Future about yourself and about young people?

- That young people have so much potential, a lot more than they tend to realise.
- That young people are incredibly aware, and I was surprised by the maturity I saw with regard to the world outside of school and their current/future place in it.
- That I thoroughly enjoy working with young people.

What has been the best part about volunteering?

Seeing young people realise they are already doing and showing some of the skills they will need later. Showing young people that attaining a good education can meaningfully connect to what they may want to do with their life when they leave school.

What has been the strangest/funniest/best question you've been asked?

"Why did you count traffic?"
"Why did you work outside of London?"

How have you benefited from volunteering with Inspiring the Future? Please give examples to skills, knowledge and behaviour.

I have developed my confidence as I am able to interact with a greater variety of people with ease. Greater comfort with ambiguity because working in schools and colleges can be unpredictable! Improved planning and preparation skills when developing workshops, presentations and activities.

Who or what inspires you today and what is the reason?

Today I am inspired by so many people, family, friends and strangers. I am inspired by people who continue to grow and develop no matter how big or small.

What's the one message you feel is important to share with the young people you speak to?

That the world they are part of is competitive, and they will experience global competition. That a getting a good education is worth it. That they already have many of the skills that they need.

Describe Inspiring the Future in five words

Innovative, opportunity, engaging, relevant and necessary.

What would you say to other volunteers thinking of volunteering with Inspiring the Future?

Do it!

What difference do you think you've made to the lives of young people who you spoke with?

Hopefully I've made it a bit easier to tie what they are doing at school/college to how they can meet their goals Post-19 years. I also hope that I have made degrees seem less scary.

Any other comments you'd like to add?

Thank you for the opportunity.

I wanted to show young people that they already have skills, talents and attitudes that can be an asset to them in the working world.