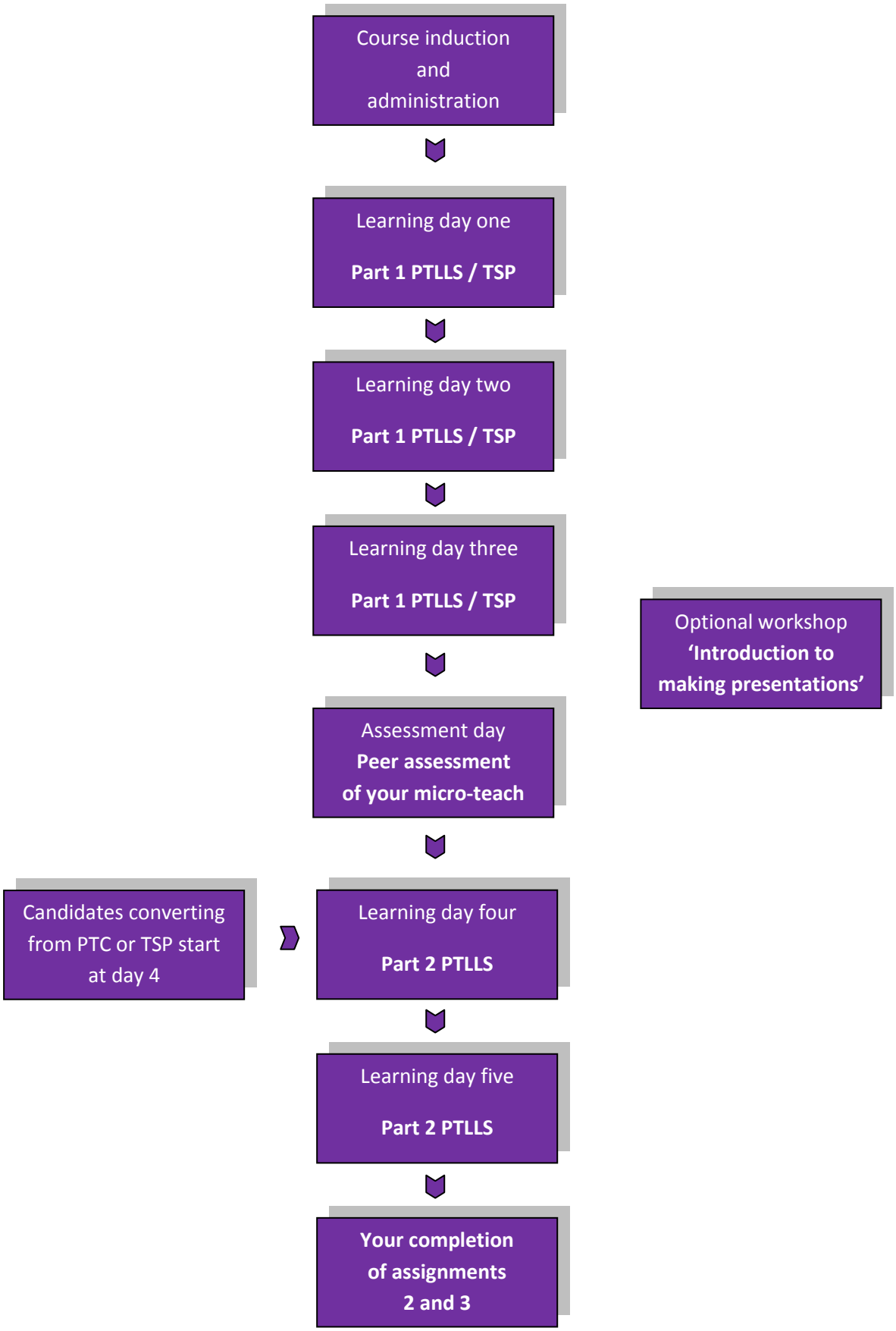Process of achieving the CIEH Level 3 Preparing to Teach in the Lifelong Learner Sector Award