

Forsyth Barr Graduate Programme

Meet our Graduates



Akeira Worthington

Akeira joined our graduate programme in February 2022 after completing a Bachelor of Commerce in Finance and

Economics at the University of Otago.

Akeira originally hails from Christchurch and outside of work she is passionate about running and hiking.

Why did you choose to work in the financial markets? And why at Forsyth Barr?

I was drawn to financial markets as it is a dynamic industry with a wide breadth of opportunities to support the investment decisions of all investors, from everyday New Zealanders, to large corporates and fund managers.

Forsyth Barr's graduate programme was particularly appealing for its accelerated professional development, with exposure to successful leaders and challenging opportunities. To me, this is a great opportunity for those leaving university to gain exposure to the varied functions of the financial markets to help them make an informed decision on their career pathway.

Tell us a bit about your journey at Forsyth Barr so far.

During the graduate programme I have been partnered alongside passionate and energetic people, allowing me to get involved in real projects. They have supported me in broadening my skillset and are always there to guide me in any way needed. You are encouraged to be inquisitive and for that reason I am constantly learning. I have gained unparalleled insight into financial markets and have found myself attending business conferences, client lunches and investment pitches.

Any advice for future applicants?

Here at Forsyth Barr, we value people with diverse experiences and inquisitive minds that are ready to embrace new challenges and opportunities. Be sure to showcase your unique skillset and perspective, and make sure to ask questions and stay curious as this is how you'll learn and grow.

What opportunities did Forsyth Barr provide you at the end of the programme?

At the end of the programme, I was delighted to accept a full-time role as an Analyst in Forsyth Barr's Investment Banking team. This progression has allowed me to apply the knowledge and skills I developed during the programme while continuing to grow in a dynamic, fast-paced environment. I feel well-prepared to contribute to the firm's success and to further expand my skillset through the exciting challenges and opportunities ahead.



Ben Crozier

Ben joined our graduate programme in February 2022 after completing a Bachelor of Science in Financial Engineering and a Masters of Applied Finance

and Economics at the University of Canterbury.

Ben originally hails from Timaru and outside of work he enjoys playing golf and tennis.

Why did you choose to work in the financial markets? And why at Forsyth Barr?

The challenging, fast-paced and exciting nature of financial markets has always appealed to me. Prior to Forsyth Barr this stemmed from researching companies for my own portfolio, involvement in the University of Canterbury Investment Society, and the CFA research competition. While I had a passion and interest in the markets coming out of university, I was less certain where exactly in finance to forge a career. Forsyth Barr's graduate programme was an incredibly attractive opportunity, offering a unique and broad exposure to different areas of the investment world.

Tell us a bit about your journey at Forsyth Barr so far.

Having now been through four of the five rotations, I have developed a strong knowledge of how the different aspects of the financial markets work together to deliver solutions for companies and investors alike. Each rotation has been thoroughly enjoyable, with amazing exposure to company executives, knowledgeable and passionate co-workers who have taught me invaluable skills, while being intellectually stimulated and having my problem-solving skills continually challenged.

Any advice for future applicants?

To enjoy and get the most out of a career in finance you must have a real passion for the financial markets. The graduate programme is open to more than those who study finance at university. Instead, it is your interest in the markets and willingness to continually learn and develop that we value the most. You should also consider what makes you different from the rest, we are looking for exceptional candidates who will fit well in our firm and are always inquisitive. Finally, you must thrive on problem-solving, a variety of differentiated work, and being continually challenged in a fast-paced environment where you will be constantly learning.

What opportunities did Forsyth Barr provide you at the end of the programme?

During the graduate programme I enjoyed my time in Research the most and was delighted to accept a full-time role in the New Zealand Equities Research team following the graduate programme. The programme prepared me well for this role with the rotations across the firm accelerating my knowledge of the finance industry, the role investment research plays in it, and the skills needed to have a successful career.

Lauren Oliver



Lauren joined our graduate programme in February 2023 after completing a Bachelor of Commerce in Finance and Marketing at the University of Otago.

Originally from Auckland,

Lauren enjoys going to the gym, walking her dog, skiing, and winding down with a good book or movie.

Why did you choose to work in the financial markets? And why at Forsyth Barr?

The financial markets are constantly evolving and play a key role in driving businesses and the broader economy. They're interesting, challenging, and offer incredible opportunities for personal and professional growth.

I chose Forsyth Barr because their graduate programme stood out as a fantastic way to gain practical insight into the financial services industry while working for a highly respected New Zealand firm. The chance to rotate through different departments really appealed to me – it offered hands-on experience in a variety of areas and a great opportunity to figure out where I could make the greatest impact.

Tell us a bit about your journey at Forsyth Barr so far.

The graduate programme was an invaluable experience. Rotating through different departments allowed me to develop practical skills, build relationships across the business, and gain an understanding of how the firm operates. Whether I was working independently on a project or contributing to team tasks, the work was always varied and engaging. I developed a wide range of technical and practical skills, but one of the most valuable aspects was learning more about myself – how I work most efficiently, which team approach suits me best, and what environment allows me to thrive.

Any advice for future applicants?

Be open to everything. The rotations are a unique opportunity to learn about the business and yourself, so take advantage of that. Don't be afraid to ask questions or seek out opportunities; the more you put in, the more you'll get out of the programme. Also, take the time to get to know people across the business, everyone has valuable experiences and perspectives, and they're happy to share if you take the time to ask.

What opportunities did Forsyth Barr provide you at the end of the programme?

During the graduate programme I had taken on Marketing as an additional rotation and found that I really enjoyed it, which led me to pursue a full-time position as a Marketing Co-ordinator. In this role, I'm involved in a range of marketing activities across the firm. A highlight has been working with people from all parts of the business, and Forsyth Barr has been incredibly supportive in helping me settle into this position. I'm excited to continue learning, developing my skills, and building my career with Forsyth Barr.