



FIND *your* FUTURE

**Job title:** Public Health Nutritionist and Wellness Specialist

**Current employer:** PAM Wellbeing

**Sector:** Private Health



### Tell us about your current role and organisation.

I've recently taken on the role as a Wellness Specialist to broaden my experience in the area of Public Health. This role primarily involves delivering Bespoke Wellness Workshops to both Corporate and Public Businesses. Each Workshop is catered for the clients needs but all will be based around Nutrition, Physical Activity and Mental Wellbeing. Although this job is not solely focused on Nutrition, there is an aspect of nutrition in every workshop I deliver. As soon as clients know that you are a Nutritionist you will get a plethora of questions!

This role additionally involves the development of new Nutrition material for workshops and PAM's online wellbeing platforms / apps. What is great about this role is that allows me to not only develop my knowledge in both Physical Activity and Mental Health, but I also have the opportunity to attend a large number of CPD events focusing on Nutrition. For example, I attended the Food Matters Live conference in November.

The organisation is primarily Occupational Health; however, they have this fantastic new Wellbeing division, which I am privileged to be part of. The development of Health Genies and Apps are just a few of the innovative new areas of the business.

In addition to my primary job, I am also setting up a Nutrition business in Hertfordshire with an ex colleague, this is an exciting new venture which will enable us to build a stable career in the industry in which we love!

### What sort of person would this role suit?

This role would suit anyone who loves promoting Public Health messages and has a real passion for Nutrition or Public Health in general!

The role does involve delivering workshops to groups of around 10-20 people, therefore you would need interpersonal, presentation and written/ verbal communication skills. Although presentation skills do come with practice!

I was lucky enough to work in the area of Child and Family Weight Management for 3 years prior to this job, which gave me the confidence to deliver to groups of people!

You do not have to be expert in everything! I had very little knowledge of Mental Health prior to this job so was very nervous to deliver these workshops. The company are excellent at providing you with the training and resources needed and are more than happy to assist. They provided me with so many training opportunities both online and in person (great for the CV).

## **What does a normal working day look like for you?**

We have such a high demand for workshops at the moment that a large proportion of my week involves delivering at client sites.

Normally I would get to a client site at around 9:45am to set up for a 10:15am start, each day consists of 4 workshops (clients can choose from around 50). We have a 15-minute break in between the first and last 2 workshop's and an hour break for lunch. The delivery usually finishes around 3:45pm, to make up the rest of my day I would head home (or to a coffee shop) and complete the admin tasks for the day (closing the appointment on our system, sending out the slides and any other information to the client and prepping for the next day of workshops).

The only equipment we need is our laptop, clients provide projectors, flipchart paper and pens etc.

## **How did you get to where you are now?**

I have always wanted to be a Nutritionist, from a young age I was always cooking and trying to make dishes healthier!

For my Undergraduate Degree I started off broad and studied Human Biology with Psychology (Hons), I then decided to specialise in Public Health Nutrition and completed my MSc in Public Health Nutrition.

I made the decision to study my MSc Part time over 2 years, which gave me the opportunity to work and complete experience in the field of Nutrition. I was lucky enough to get some voluntary experience with a company called Beezee Bodies who specialise in Child and Family Weight Management in Hertfordshire. This was the best move I could have made in my career, as it gave me valuable experience and the opportunity to practically apply the knowledge I was learning in my degree.

After a few months of delivery, Beezee Bodies offered me a part time position as a Nutritionist and Coordinator, which was amazing!

Once I finished my MSc, I spent a month travelling (I feel like I deserved a break after 5 years of study). On returning I spent some time searching for a full-time job in the field. After lots of applications I was eventually offered a job as a Public Health Nutritionist at Mytime Active and the Mend programme. This role involved delivering preventative and treatment programmes to children and families, in schools and community settings. Throughout the 2 ½ years I was able to progress to Programme Coordinator and Line Manager, gaining vital experience in project and people management as well as nutrition.

As mentioned above I have recently taken on the role of Wellness Expert with PAM, I felt like I wanted to gain more experience in Public Health to gain a better understanding of how Nutrition is impacted by other aspects of our lifestyles!

## **How would you go about getting experience (*placements, work experience, internship*) in the industry you work in?**

The best advice I would give is utilise the internet and your university careers team! There are so many volunteer opportunities out there in the field of nutrition. During my time at Mytime Active we had countless university students volunteering with us, which gave us the support we needed and them vital experience!

## What are the biggest challenges you face in your work?

With Nutrition the biggest challenge I face is coming up against all the advice given by people that say they are Nutritionist's but haven't completed a degree or a certified programme. On many occasions I have had clients being told incorrect advice by their personal trainer or 'unqualified Nutritionist'.

Please do make sure you are registered with the Association for Nutrition and explain to clients what this means!

## What's the progression like/where do you see yourself going from here?

Having recently gained the title of Registered Public Health Nutritionist (RNutr) my next goal is to build my Nutrition Business, to eventually have it as my full-time role.

## What top tips would you pass on to students interested in this type of work?

My top tips would be:

- **Complete some voluntary experience**, this was vital for the application of the knowledge I learnt from university and put me in a better position to get a full time job in the field (they always look for experience as well as the degree you gained).
- When you finish the Nutrition Degree, **apply to be an associate with the Association for Nutrition** (many professional jobs in the field look for this accreditation).
- **Research** - sign up to free webinars and training, it is always great to build your knowledge base!