

**Job title:** Public Health Educator

**Current employer:** Ingeus

**Sector:** Public Health

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

Currently I work with individuals that have been diagnosed with prediabetes in the community. My role is to empower participants to change their lifestyle behaviours in order to reduce their risk of developing diabetes.

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

Peoples skills, creativity, nutritional knowledge, an interest, knowledge and awareness in diabetes, experience in facilitating group training and workshops, to motivate and encourage others, the desire to help people, ability to facilitate group discussions, professionalism, ability to work as part of team and as an individual, have you own initiative, ability to stay on top of their research in order to provide advice that is up to date and in line with the most up-to-date evidence, ability to self-evaluate activities and accept, give and build on feedback.

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

A typical day will include:

- Delivering the 'Healthier You' curriculum to participants in an area, ensuring participants achieve and experience the right learning outcomes.
- Facilitating group sessions effectively and ensuring the required number are delivered each month.
- Working as part of a team to effectively deliver the 'Healthier You' sessions according to the curriculum and using the appropriate resources.
- Managing group dynamics and supporting collaborative working.
- Carrying out self-evaluation after delivery of every 'Healthier You' education course.
- Participating in the 'Healthier You' Training and Quality Development Framework.

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

I studied a BSc in Nutrition, did some volunteering during my undergrad for a weigh-management company for a few months which gave me some insight on working with individuals and families with weight-management issues. As I was about to finish my MSc in Clinical Nutrition, I was contacted by one of the hiring companies, called for an interview and got offered the job.

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

I would advise anyone to do some volunteering during or after their studies to show interest in that field. In my opinion, if you are willing to do that job for free, it demonstrates passion. A career should not be solely driven by salary but by passion.

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

You can easily be isolated as you are working from home and are not able to meet up with your colleagues and catch up just like you would do in an office.

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

Well, I do have intentions of proceeding further with my education (PhD) in the near future and evolve into a professional researcher. My main goal is to make a contribution to the body of human research.

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

Find some volunteering opportunities that involve delivering, working with people and different types of groups from different backgrounds, giving advice or maybe event teaching.