

FIND *your* FUTURE

**Job title:** Wellbeing Consultant

**Current employer:** Westminster City Council

**Sector:** Local Authority

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

As a Wellbeing consultant, I support businesses to improve the health and wellbeing of their employees, through training and the London Healthy Workplace Award.

I also work as a nutritionist on the Healthier Catering Commitment (HCC), this project focuses on supporting food establishments to make small changes to the way they prepare and cook their food that can have a big impact on people's health.

The London Healthy Workplace Award (LHWA) is a free self-assessment framework and accreditation scheme that supports and rewards employers promoting staff health and wellbeing according to best practice. Endorsed by the Mayor of London and Public Health, the award provides a framework for action to help employers build good practices in health and wellbeing.

Click the link to learn more! <https://www.westminster.gov.uk/healthy-workplace-Award> and [www.westminster.gov.uk/hcc](http://www.westminster.gov.uk/hcc)

### **What sort of person would this role suit? (i.e. personal skills, qualities and values)**

- Good communication skills.
- Quality assurance skills.
- Behaviour change skills.
- Motivational interviewing.
- Knowledge on nutrition, health & safety mental health.
- Negotiation skills.
- Good people skills, for dealing with people from all backgrounds.
- A good level of scientific and technical understanding.
- The ability to investigate, analyse and provide solutions to problems.

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

But first coffee!

Checking my emails and my diary on the way to the office, no two days are the same, it will be going out to visit a business or developing my training, reading latest evidence, assessing applications as part of the award accreditation process, networking or meeting with an organisation

**How did you get to where you are now? (i.e. what are the entry-level roles graduates would apply for to get where you are?)**

I have a background in Nutrition and an MSc in Public Health, I then worked as a Nutritionist supporting pregnant women on an NHS evidence-based community, activity and nutrition programme women to motivate them to make changes to their eating habits and levels of physical activity. I then worked as a Health Improvement Officer in a Local Authority on a range of Public Health projects ranging from Healthier Catering Commitment, to commissioning oral health and breastfeeding support programmes.

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

Contact your local public health department to see if there are any volunteering you can do or an opportunity for a placement, that is how I got the inspiration to do my MSc research project.

Volunteer on community nutrition projects.

Become a volunteer verifier with the Greater London Authority.

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

Funding cuts to Public Health.

Working around businesses needs particularly if they are going through organisational change or they don't have the capacity at the moment.

High turnover rates of employees.

In terms of HCC, food businesses have to consider their business needs and profits with the priority of improving the health of their customers. Another challenge is often food businesses that need the cost support are those with a food hygiene rating below 3, those are the businesses that can't receive the HCC until their FHRS is sufficient.

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

Leading in corporate wellbeing.

**What top tips would you pass on to students interested in this type of work? (i.e. any particular skills, knowledge, experiences, volunteering, extracurricular activities)**

My 3 P's for making it in Public Health: be proactive, be persistent and participate!