

Top ten tips from employers in nutrition to recent graduates

1

FIRST IMPRESSIONS count!



Always write a cover letter even if it isn't specifically asked for. A cover letter is your opportunity to tailor your application to the post and explain why you are the right person for the job. Make sure the file name of your CV is SurnameCV rather than cvfinaldraftversion4 – it all matters.

2

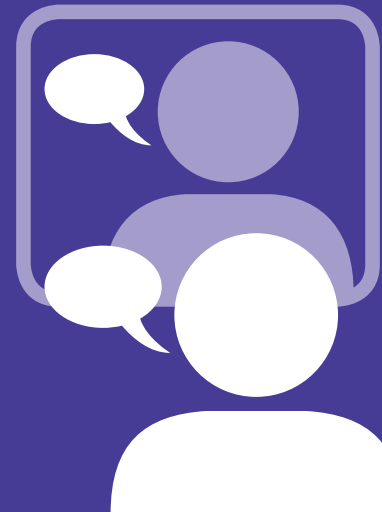
Tailor EVERY application

Employers want to see quickly that you meet their requirements and will fit with their organisation. Think carefully about how you can demonstrate that your experience, skills and personal qualities match the requirements for the role. HINT: if "CLEAR COMMUNICATION" is a key skill being sought, make sure your application contains this wording! You can even make it bold.

3

BE PREPARED, practice your pitch

Whether looking for a job or aiming to raise your profile within your current role, it is vital to be prepared. Remember that time is a limited resource, and attention even more so. Make sure you can instantly and concisely demonstrate examples of your major achievements and competencies.



4

SELL YOURSELF, sensibly

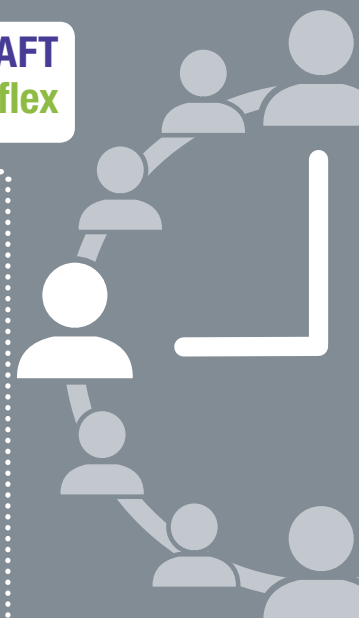
There is a careful balance to be reached between being confident and clear in telling someone about your skills, experience and achievements and exaggerating the truth. The nutrition world is oh so small. Do be careful not to overstate your skills and certainly don't lie in applications.



5

GRAFT and flex

Start with a great work ethic and work as flexibly as you can. HINT: this can sometimes mean not working from home (WFH) every week! WFH of course has great benefits, but you may need to earn the right. And be sure to recognise the power of impression and relationships that are made in person. Trust is an essential basis of every relationship you have, and working relationships are no different. Allow time for this to develop, graft hard and demonstrate your abilities.



6

PAY ATTENTION to detail

A significant number of employers we spoke to HATED carelessness! Attention to detail is always being assessed and impressions are always being made. Be it a job application or a project brief, check, check and check again to make sure there are no typos or errors and that bullets, fonts and paragraphs align.



7

KNOW YOUR STUFF and how to apply it in the real world

You will have excellent nutrition knowledge from your studies. However, you also need to understand how it impacts the world around you. Familiarise yourself with key policies and plans, like the Government obesity plan, nutrition and health claims regulations and food labelling requirements and be able to demonstrate how these could impact the organisation you are working for or applying to.



8

PIVOT transferable skills



Your transferable skills can open doors. Perhaps you have been dedicated to polyphenols and health so far in your career. This does not mean a lectureship position outside of this area is beyond you. Your transferable skills and demonstrating how you could use these in a new field will open up opportunities and deepen your level of experience. Focus on skills if you don't have the right expertise just yet.

9

Be savvy with SOCIAL MEDIA



Whatever your relationship with it, make it a healthy one and use it wisely. ALWAYS STAY EVIDENCE-BASED. Be aware that your employer could look at your personal or professional posts, websites or blogs and act accordingly. We know employers who have not invited people to interview after reading blogs that were not evidence-based.

10

DRESS smartly

What you do is most important, but the employers we spoke to believe that smart casual attire is more professional and relevant for the workplace than "scruffy jeans and trainers". These things tend to come down to employer dress code policy but always bear in mind impressions are being made. For an interview, always be smart – no jeans!



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