Always write a cover letter and reveal all you want to share with your community and at interview.

**TOP TEN TIPS** from employers in nutrition to recent graduates

**Look out for VOLUNTEERING OPPORTUNITIES**

Voluntary work is a great option. It demonstrates passion, and with it comes many new skills, ideas and experiences. For example, if you are interested in public health, consider which local organisations, schools, clubs are near you that you could offer help to. Could you write a column for a local newspaper or magazine, join a committee or help organise a conference?

**Beyond NUTRITION**

Your approach matters just as much as your knowledge and experience. Recognise and sell out your skills. These could be demonstrating an ability to sceptically evaluate and manage your own work or being confident with a fast-paced environment. Enthusiasm, passion and a willingness to learn are top of hiring managers’ wish lists. It’s not just about nutrition focused activities. Make sure you show your greater depth and potential.

**Talk to the crowd BE IN THE CROWD**

In a world of Instagram, having qualified nutritionists that are able to engage with influencers can be a real differentiator. It could give you an edge over your competition in skills such as recipe analysis, product development, food policy and influencing chefs and caterers. Employers have told us that for certain roles, being a foodie is a real plus.

**Network effectively**

Networking goes far beyond what’s in it for the right now. It’s about building support networks, accessing knowledge, insights, ideas and advice from others, now and in the future. It is much more than B2B, followers or résumés. Understanding what those within and outside the nutrition community are passionate about, what challenges they encounter and what differences they want to make and ensure you remain connected with what is relevant.

**IF YOU ARE A FOODIE shout about it**

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**Translation of science TO DIFFERENT GROUPS**

Consumer writing is a skill in short supply in recent graduates. Getting your message across in an engaging manner is a great talent. A popular, scientifically robust blog is a massive plus and differentiator. Equally, however, you may not even get an interview if the recruiter sees evidence that you are not able to engage with your message in a legal and engaging manner. You must always be evidence-based.

**Good COMMUNICATION**

Effective communication skills are essential in many roles, from those based around media and PR to many roles across industry and academia. Listening and understanding are also key aspects of communication. You cannot underestimate the power of empathy in a number of roles from taking consent and working with volunteers in a nutrition research trial, to identifying customer needs in product development.

**Show INITIATIVE**

Do a placement year if you can to maximise your experience. When you are in a role, be strategic about what you want to experience and build it into your work. Have proactive ideas and discussions with your manager. Be flexible and think creatively in uncovering opportunities for work and to build experience and CREATE work. Identify a need, pitch a solution. By doing this you will become more strategic about what you want to experience. When you are in a role, be proactive and build new experiences. It’s not just about nutrition focused activities. Make sure you show your greater depth and potential.

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