Job title: Client Support Manager (Nutrition)

Current employer: The Weight Matters Practice

Sector: Health and Nutrition

Tell us about your current role and organisation.

I am a Client Support Manager at The Weight Matters Practice, a private clinic that offers help and support to clients with weight related issues, aiming to ensure they have a healthy relationship with their weight and food. I have been working with the practice for two years, having started an internship here whilst I was studying my MSc in Clinical Nutrition and Eating Disorders at UCL. I manage support for our

once I graduated and have taken on more and more responsibility as my role has progressed within the organisation.

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

The way I got experience in my field of interest was through contacting practices and departments who work in the areas that I was interested in. Through contacting these organisations I found an opportunity to volunteer and carry out some work shadowing to gain relevant experience within the practice. This type of experience can take place within private practices, hospitals / NHS or even with charities. Getting this initial experience can be very valuable when applying for entry level roles. You may find that initial entry level roles you apply for involve administrative tasks, however you may find that   able to build from these experiences, taking on additional responsibilities through your work, which enables you to develop your skills.

What are the biggest challenges you face in your work?

One of the biggest challenges I face in my role is having tough conversation with patients and conducting assessments when they may be feeling emotionally vulnerable. When patients

studies, volunteering opportunities or work shadowing. Getting exposure to a variety of these experiences can be very valuable in demonstrating your understanding of the range of roles within the sector.

Gain expertise   pursuing further study or attending specific training courses can often provide you with