

# Dietitians Australia 2022 Conference

#BeBold

## Nurture Your Career: Emerging Stream

Sunday 14<sup>th</sup> August

Workshop 12

3.30-5.30pm, Room E1



### **Enhancing employability in an ever-changing employment landscape**

How to get yourself on track  
for the career that you want

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## Activity and notes booklet

**Activity 1.**

What are you hoping to get out of today's session?

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What are you hoping to learn?

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**Activity 2.**

Key skills and attributes you would want from your staff:

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**What is the difference between employment and employability?**

Employment: \_\_\_\_\_

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Employability: \_\_\_\_\_

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**What are the five key aspects of employability that we will be discussing during the session?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are some of the key messages from the previous Dietitians Australia 2021 employability workshop?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Activity 3.**

What skills do you need to develop further?

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What is your plan?

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What resources are available?

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**Activity 4.**

What tools and/or strategies do you currently use to support your mental health and wellbeing?

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**SMART Goal**

(Specific, Measurable, Achievable, Realistic, Timely)

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**Reflective activity (to be completed later and at regular intervals)**

Where are you on the path to becoming a health professional? What activities are helping or hindering the process?

**Activity 5.**

How do you feel about your professional identity as a dietitian?

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Your top networking tips:

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**Activity 6.**

What activities have you already done?

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What will you do in the future?

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**SMART goal:**

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**Activity 7.**

Employability capitals:	Confidence levels (circle)				
	1	2	3	4	5
1.	1	2	3	4	5
2.	1	2	3	4	5
3.	1	2	3	4	5
4.	1	2	3	4	5
5.	1	2	3	4	5

Key for confidence levels:

1= absolutely terrified

2= very little confidence

3= some confidence, with work to do

4= looking forward to the challenge

5= I have totally got this

From the above I can see that my main areas to work on are:

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## Keep in touch

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Thank you for attending this workshop.

We hope you enjoy the rest of the conference.

### Key references:

Blair M, Mitchell L, Palermo C, Gibson S. Trends, challenges, opportunities, and future needs of the dietetic workforce: a systematic scoping review. *Nutrition Reviews*, 2021; 80(5), 1027-1040. <https://doi.org/10.1093/nutrit/nuab071>

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Dart J, Ash S, McCall L, Rees C. "We Are Our Own Worst Enemies": A qualitative exploration of sociocultural factors in dietetic education influencing student-dietitian transitions. *Journal of the Academy of Nutrition and Dietetics*. 2022 Mar 25. <https://doi.org/10.1016/j.jand.2022.03.015>

Tomlinson, M. (2017). Forms of graduate capital and their relationship to graduate employability. *Education & Training (London)*, 59(4), 338-352. <https://doi.org/10.1108/ET-05-2016-0090>

Cruess SR, Cruess RL, Steinert Y. Supporting the development of a professional identity: general principles. *Med Teach*. 2019; 41(6):641-9. <https://doi.org/10.1080/0142159X.2018.1536260>