



Career hints and tips from the EACHOT community

Career Direction & Confidence

-  “Find someone doing what you want to do. Ask for advice—or short-term mentorship!”
-  “Have confidence. There's a role and a route for you. You CAN and WILL make a difference.”
-  “Reflect, reflect, reflect.....on where you've been and where you want to be. Network and find people who can support and guide you.”
-  “There's no wrong path—just keep following the one that feels right to you.”
-  “Introduce teaching skills early—'teach to teach' future OT lecturers!”

Choosing & Shaping Roles

-  “Break down your dream role: What's essential vs. preferable? Use it like a checklist against any opportunities that arise”
-  “Go for it” apply for roles that are not your ideal role and shape it. Twice I have applied to full time jobs and asked for part time. Current role advertised for physiotherapy – I applied and told them why what they actually needed was an Occupational Therapist”
-  “I used my personal experience and jobs to draw on in my interview to relate them to occupational therapy and make it relevant to it.”

Scaling Progress

-  “Using scaling to achieve your career progression:
Think about what you'd like to do. Label it 10/
Mark 0 as what it looks like to have made no progress;

Decide where you are between 0 &10 mark it;
Recognise how you arrived at that number;
Decide what it will take to get to the next highest number, focus on that then repeat iii-v and so on.”

Mindset & Growth

-  “Be bold in your unique OTNess. You know more than you believe and you have so much to offer.”
-  “Give things a go! Don’t be afraid to not get it right the first time.”
-  “Go for that interview!! If it sparks an interest try it! Remember to interview the company too!! They need to be right for you and your values.”
-  “The job you will do in the future possibly hasn’t been created yet.”
-  “Push out of your comfort zone—shadow in different areas, try new challenges. You might find an area of practice that you didn’t expect to love. Don’t have a fixed mindset that you are just an Occupational Therapist with one specialism – we are holistic!”
-  “Your next job just has to do for now not to be the be all and end all.”
-  “Take every opportunity and be brave and have courage in your ability.”

Communication & Advocacy

-  “Always communicate with clients/patients from your heart—connection is the best medicine.”
-  “Don’t be afraid to advocate for yourself. By meeting your own needs as an Occupational Therapist, you are then able to meet the needs of others. It may seem scary, but it will make everything so much easier.”
-  “Stand your ground. You know what you’re doing. Use your team and continue to advocate for your clients!”

Self reflection

-  “[Assess, Plan, Intervention (measurable in time and objective) evaluate] use your occupational therapy process in a collaborative multi-disciplinary team as much as you can and get feedback from the person and people around them – keep listening and making things meaningful for the person.”

- “Your experience is your experience and makes you who you are today – nobody can take that away.”
- “It is important to discover your strengths and where your heart is! I started working in adults but didn’t enjoy it and moved to paediatrics and never looked back! Now working for 12 years as a paediatric Occupational Therapist but then challenged myself for new fields. So, always look for challenges that you can take on!”
- There are no “dead ends” or “wrong path” – it is a journey and follow a path that aligns for you to explore – it isn’t straight.
- “Don’t forget how much you bring, whether you have tonnes of previous experience or you’re new to occupational therapy or that area. We all bring so much. Don’t get tied up in policy, frameworks and regulations, you are special in your own way!”
- “Pick roles that align to values, skills, interests, rather than based on banding (can always tweak number of days working for financial).”

❤️ Wellbeing & Community

- “Take care of yourself. You can’t pour from an empty cup.”
- “Network, connect, and reach out to OTs far and wide!”
- “Connect with other Occupational Therapists. Don’t forget your own self-care and mental wellbeing.”
- “Hang in there over the first few months it won’t get easier but you will learn to manage. Talk about how you feel to anyone who will listen.”
- “Encourage accessible mentorship programs.”
- “Don’t get stuck in a boring job—stay creative and curious!”

🚀 Final Boosters

- “Give it a go—even if you don’t get it right the first time!”
- “I came from a support worker known as an occupational therapy helper working temporarily on a 4 month contract to now a Masters graduate – an Associate Lecturer – what would I tell my former self? Have confidence in yourself – there is a role and route for you via education and professional identity in occupational therapy and you can and will make a difference to vulnerable people families carers and students.”
- “The job you’ll love might not even exist yet!”
- “Choose roles based on values, not just banding!”



“As you are considering your career pathway just think about the help that this profession gives to the vulnerable and less privileged in the society. When you begin that you will understand how you are able to change the world through this profession.”

Reflections



Which hints and tips struck a chord with you personally?

How are you going to apply those hints and tips to support your own individual employability and career progression?

What actions are you going to commit to?