Twitter Thread by Occupational PsyUK

Occupational PsyUK
@occpsychuk

Next up is @ElseyVicki talking about "Faking it, creating it and making it: the pillars of professional identification in Occupational Psychology". #DOPconf

What are the five pillars and why do they matter for employability? Ensuring MSc graduates have somewhere to go. #DOPconf

Vicki looked at career stories and how graduates forged their identity into the profession. Identification precursor to identity, but is more outward-facing. This research interviewed 20 MSc graduates, aged 22-63, about their career. #DOPconf

These interviews led to five pillar model. First pillar is Education and Learning, with continual life-long learning contributing to identity-forming. #DOPconf

Second pillar is Networking and Building Relationships. Who is in your network and how do you support each other? Those connected to #weareoccpsychs found identity-building stronger, with networking being very important. #DOPconf

Third pillar is Managing Challenges. Awareness of what OP is, working in aligned fields, varied titles can be confusing (eg business / occupational etc.). Concern over employability, so graduates can feel "stuck". What is your elevator pitch? #DOPconf

Fourth pillar is Career Crafting, shaping roles, asking for responsibility, building relationships, carving out your own path over and above job titles. #DOPconf

Fifth pillar is Professional Recognition and Authenticity. Helping people to sell themselves can help, with chartership not always perceived as important. #DOPconf

Vicki says that individuals can move between pillars, but to start, education is important, with experienced #weareoccpsychs vital to encourage education in those starting out to build community. #DOPconf

Networking and mentoring are also crucially helpful, and advice is to use all 5 pillars to manage challenges. @ElseyVicki emphasises the joy we can take in making our own way. It's your career, do it your way. #DOPconf

What will help you? Creating a solid brand as a professional community will help us all. #weareoccpsychs #DOPconf @ElseyVicki will be taking live questions now.