



Self-Assessment Skills Checklist

The following checklist is designed to help you identify your individual skills and think about how they fit together as skill set to make sure that the BDA Work Ready Programme is for you. Remember to think about whether you enjoy using these skills as well as how confident you are in them.

Health promotion

Skills	Extremely confident	Very	Not so confident	Unsure
An understanding of current health promotion research				
Explaining how dietitians can support health promotion delivery				
Presenting yourself as a health promotion expert				

Interventions

Skills	Very confident	Quite confident	Not confident
Knowing how to use tools to assess nutrition needs			
Creating a written report to share assessment findings			
Ability to analyse assessment information from a			

variety of sources and prioritise issues			
Presentation of findings and planning next steps			
Delivery of the intervention stages			
Catering			
Vending			
Environmental changes			
Workshop delivery			
One to one advice			
Evaluation and monitoring			

Partnership working

Skills	Very confident	Quite confident	Not confident
Identifying key stakeholders			
Developing partnerships to foster change in a new work setting			
Working with a variety of people in a corporate or work setting			

Sales / Marketing

Skills	Very confident	Quite confident	Not confident
Developing a plan to reach targets			
Disseminating communication materials			
Following up leads by phone and in person			
Gaining business from initial contact			

Business Management

Skills	Very confident	Quite confident	Not confident
Understanding invoicing and payment processes			