



Members present:

Peter Bailey, Paul Beaumont, Jane Brown, Tanya Chalkley, Mark Cummins, Nathan Darnell, Mohamed Eldohery, Roisin Fitzgerald, Mariusz Gierowski, David Heath, Nadine Hodgson, Grahame Jamieson, Greg Jones, Myra Kelly, Melvin Keyani, Zuzanna LaLanne, Bridget Leathley, Sttewart Lewis, Max Linden, Ray Locke, Dave Maycock, John McNab, Neia Nanys, Tyrone Partridge, Dan Platt, Jim Prowse, Steve Pulling, Georgie Ramsdale, Peter Rawden, Paul Roebuck, Steve Rogers, Andrew Rooke, Manoj Sarwal, Chris Stone, Nevil Steadman, John Steed, Jen Toner, Bosco Tsz Yan Chan, Robert West, Andrea White, Chris Williamson, Tom Wilson.

Apologies: Shirley Parsons.

Branch presentation

Philip Muston Managing Careers Consultant at Shirley Parsons gave a talk on 'how to stand out in the new virtual world'. His slides are available on the Thames Valley Branch website under 'recent events'

Questions to Philip

- 1) Is there evidence that a hobbies section is still relevant once you've had a few jobs? From the other side, I've often found the hobbies section in other people's CV dull and off putting.  
A – Do mention hobbies, it shows you have outside interests, it builds 'personality'. It builds a wider picture. You work to live, not live to work. Also mention family activities.
- 2) Does your approach work equally well for Perm and Contract roles? Or should Freelancer CVs concentrate on project history (value, duration, etc.)?  
A – Permanent employees list long term history. Members who are contractors/ freelancers should focus on the successes they have had in projects – employers are interested in their achievements in temporary roles.
- 3) Would it be possible please to share your thoughts on part-time roles in HSEQ?  
A – In the current market there is a shortage of H&S skills and talent so employers are looking more at part time workers and flexible working, including working from home.
- 4) Any particular recommendations in respect of those who may not have been employed in a mainstream HSEQ role for a while, but looking to get back into it?  
A – It is important you keep up to date with current legislation if you have been away for a long period. Also explain why you changed vocation and why you want to come back – was it a career move to gain further experience.
- 5) What's the best way to engage with an agency like yourself?  
A- Pick up the phone and talk to us is the best way.
- 6) I get receive CV's that are four pages long- what is the recommended size for a CV and what font size should applicants use?  
A- It needs to contain all the relevant information but not too long (24 pages is the record).  
3 or 4 pages is about right, with most detail in your most recent employment / achievements.

7) You mentioned using linked in Articles however don't they tend to get lost due to the algorithms in favour or more for funded articles?

A – yes this can happen. There are so many posts on a minute to minute basis. One trick is to 'self like' to keep yourself up in the listings. Follow postings in your network – 'like them' and hopefully others in your network will do the same to you.

Previous Branch presentations are available at the Thames Valley branch website under 'recent events'  
<https://iosh.com/membership/our-membership-network/our-branches/thames-valley-branch/>

Reply to: David Heath,

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