**Transferable skills. Example 1: The physiotherapist**

Finding evidence of transferrable skills from every day experiences can be much easier than you think. This example should help you to understand and identify your own transferrable skills.

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Meet Asa.

Asa wants to be a Physiotherapist.

At the moment he is studying for his A levels.

He is the oldest of 5 children, so he picks up his two younger brothers from primary school on his way home from Sixth Form. He keeps them safe and helps them with their homework until his mum gets home.

Asa has a morning paper round. Last January one of the old gentleman he delivers a paper to called John, was in his front garden very early in the morning. He wasn’t dressed properly for the weather and he seemed confused. Asa, helped John back into the house, helped him into his dressing gown and then used John’s phone to call Johns’ daughter Mary. He waited for a few minutes with John until Mary could get there. Mary was very grateful to Asa and the newspapers were still (mostly) delivered on time.

Asa also plays cricket for his school and coaches the under 16’s team once a week too.

**Physiotherapist’s Skills**

According to NHS Careers to be a physiotherapist Asa will need to be a good communicator who can be hands-on and explain conditions and treatments easily to clients [Information on being a physiotherapist - Degrees and Courses - NHS Careers (healthcareers.nhs.uk)](https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/physiotherapist). Having a caring and calm nature is equally important. Physiotherapy can be physically and mentally strenuous so you should also be physically fit with strong organisational and planning skills.

**Picking out the required skills:**

* good communicator
* hands on
* caring
* calm
* physically fit
* organisational/planning skills

Now we can match the required skills to Asa’s own life experiences

1. **Communication**

Asa’s most relevant example here is his coaching. He will have to use his listening and speaking skills to help players improve. Just like a physiotherapist.

1. **Hands on**

Asa is hands on in many ways. He plays cricket, does homework tasks with his brothers and is a sports coach

1. **Caring**

Asa regularly keeps his brothers safe and cared for. He also looked after John, getting him back into the house, into warmer clothes and staying with him until help arrived

1. **Calm**

Asa didn’t get flustered when he needed to stay with John. He prioritised that over the paper deliveries, but went back to delivering the papers as soon as he was able

1. **Physically fit**

Asa trains and plays cricket regularly with his school team

1. **organisational/planning skills**

Asa manages his own time and priorities. He completes his own college work, collects his brothers from school on time, helps them with their homework and manages a morning paper round.

Now you have worked through Asa’s example, have a go at identifying your own transferrable skills

**You can look on** [**https://www.healthcareers.nhs.uk/**](https://www.healthcareers.nhs.uk/)  **and** [**Think Care Careers (skillsforcare.org.uk)**](https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx) **sites to find the sort of skills needed for your own preferred job in the Health and Social Care sector.**

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