

OCCUPATIONAL PSYCHOLOGY

OUR WORKING LIVES HAVE A PROFOUND IMPACT ON OUR OVERALL PSYCHOLOGICAL WELLBEING. AS AN OCCUPATIONAL PSYCHOLOGIST YOU CAN HELP PEOPLE BECOME MORE FULFILLED AND PRODUCTIVE EMPLOYEES.

You'll focus on the motivation, performance, health and wellbeing of people and groups at work and in organisational situations. Occupational Psychologists aim to increase the effectiveness of organisations and improve the individual experience of work.

Occupational Psychologists working with the public are regulated by the Health and Care Professions Council (HCPC) and you must register with them in order to use the protected title.

YOU'LL APPLY THE SCIENCE OF PSYCHOLOGY TO AN ARRAY OF POSSIBLE WORK-RELATED AREAS:

TRAINING AND DEVELOPMENT

LEADERSHIP

MOTIVATION

WELLBEING

WORKING WITH ORGANISATIONS TO DESIGN EFFECTIVE PROCESSES AND SYSTEMS

ORGANISATIONAL CHANGE & DEVELOPMENT

WHERE COULD I WORK?

Occupational Psychologists work with organisations and businesses of all sizes across the private and public sectors, including:

DEPARTMENT FOR WORK AND PENSIONS

THE NHS

THE HOME OFFICE

You could be employed in a variety of settings including in-house (such as in a bank), as an external consultant (for large consultancies or as independent practitioners), or in workplace and organisational development departments for multinational companies.

Occupational Psychologists also work in academic settings – teaching and researching in their area of expertise.

WHO COULD I WORK WITH?

As an Occupational Psychologist you could work with individuals, groups and at an organisational level.

You may work as part of teams which include other professionals such as managers, HR personnel, union representatives, training advisors and specialist staff within client organisations.

**FIND OUT MORE ABOUT OCCUPATIONAL PSYCHOLOGY
CAREERS.BPS.ORG.UK/AREA/OCCUPATIONAL**

TRAINING TO BECOME CHARTERED IN OCCUPATIONAL PSYCHOLOGY

You can gain Graduate Basis for Chartered membership (GBC) by completing a BPS-accredited undergraduate degree or conversion course.

MSC IN OCCUPATIONAL PSYCHOLOGY AND

BPS QUALIFICATION IN OCCUPATIONAL PSYCHOLOGY (STAGE 2)

WORK EXPERIENCE

Work experience is the best possible way to learn about a career in psychology and decide whether it's what you want. You'll also need it to get a place on most accredited postgraduate courses, and to find work in the field. Some postgraduate courses are looking for specific types of work experience so contact the universities for further information.

If you are looking for work experience you could consider the following areas:

ASSISTANT OCCUPATIONAL PSYCHOLOGIST

DEPARTMENT FOR WORK AND PENSIONS (DWP)

HUMAN RESOURCES

RECRUITMENT

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A DAY IN THE LIFE

AMANDA POTTER **OCCUPATIONAL PSYCHOLOGIST**

I've been in the psychology and talent arena since 1995, working with clients to define and implement strategies and programmes to engage, develop and enhance their top talent. I regularly conduct research and publish white papers, articles and blogs.

THE BEST PART OF MY JOB

The opportunity to research, innovate and create new products that help to understand the potential of employees, and the opportunity to work with different clients every day, asking the tricky questions that other people would love to be able to ask.

THE MOST CHALLENGING PART OF MY JOB

Balancing keeping our clients happy with being financially stable whilst keeping our employees motivated, engaged and stretched – it's a constant battle.

WHY I LOVE MY JOB

I am extremely proud of the fact that my colleagues and I have built two companies and two distinct brands. We have an established consulting practice and a suite of online assessment tools. Both have become businesses that our clients recognise and appreciate.

I am also proud of the fact that we have given over 30 psychologists in training the opportunity to have work experience, plus we have had three placement students and given more than 10 new psychologists their first roles out of university.

ADVICE TO OTHERS

Do what you love, focus on the tasks that give you the most energy and gravitate towards the tasks that will stretch you and help you grow. Leave your self-limiting beliefs at the door and surround yourself with people who are positive and enabling. Identify and remove the energy drains, the toxic people who make you question yourself or what you are striving for.