

# Joined Up Careers Derbyshire

## Journey into health and social care – Sonja’s story

### What was your first job?

*Care Assistant in a small 15-bed home.*

### How did you get to your current role?

*Different jobs, BTEC Health and Social Care Diploma at college and NVQ level 3, Introduction to Leadership and Management level 3. PTTLS and secondment into different roles that gave me the required experience.*

### Did you move across different career paths?

*Yes, but in the same field. I worked in frontline care and then worked in an office, moved into training and took jobs that stretched my abilities.*



### Did you face any challenges to get to where you are now?

*Yes, emotional attachment, gender pay gap, sexism and ageism.*

### What do you do now?

*I am studying to become a social worker at university as an apprentice.*

### What is it about your job that inspires you?

*I have always wanted to help people and provide care that suits that individual. Understanding the people we care for is vitally important. Using skills such as active listening, recording, risk assessing and working proactively with individuals has helped me build good rapport with people families and other colleagues.*

### What is positive to you about working for Derby City Council?

*The training that I have received has been second to none. I have been able to work with established colleagues that have shared their experiences. The opportunities to move sideways and upwards has given me confidence and been part of my rewarding career.*