

Emmet O'Doherty

Exercise Professional



What does your job entail?

In my role as an Exercise Professional within WHSCT I design, co-ordinate and deliver exercise sessions to patients referred by the Physiotherapy team. I am responsible for organising and delivering a range of programmes including Back, Lower Limb and Functional Rehab classes. I also facilitate one to one sessions with patients within the Musculoskeletal Physiotherapy department who may have pain or reduced strength in their muscles, joints or spine. The aim of the classes is to reduce pain, improve physical function and promote confidence with exercise and ultimately self-management of their condition.

How did you get into this line of work?

I have always had a passion for exercise to improve my quality of life both physically and mentally. As part of my Degree I had to complete a year's work placement and I was lucky enough to secure a placement within the Condition Management Programme (CMP). CMP is a 12 week programme of work focused, cognitive educational interventions aimed at helping clients to understand and manage their health conditions.

A multidisciplinary team work together to offer clients help and support to cope with single or multiple health conditions that are causing a barrier to work. Following my graduation I secured a full-time post within the Condition Management Programme as an Exercise Professional.

Outline your career to date?

I left school at 16 with no GCSE's and unsure what I wanted to do in life. I started working as a Windscreen Technician and stayed in this job for a few years. I returned to education at the age of 27 following an accident as I needed something to focus on. I completed my Level 3 National Diploma in Sport.

Following this I worked as a Domiciliary care assistant, Retail assistant and Bank security officer. I then worked as a Personal Trainer/Gym Supervisor which although I enjoyed I knew I wanted something more. I went on to complete my Degree in Physical Activity, Exercise and Health and have been working as an Exercise Professional for the WHSCT since 2018.

Tell us about your qualifications?

- BS Hons, Physical Activity Exercise and Health. Anatomy and Health-Related Physiology
- Level 5 HND Diploma. In Sport (Health, Fitness and Exercise). Anatomy and Physiology for Sport and Exercise
- Level 3 National Diploma in Sport (Development. Coaching and Fitness. Fitness Testing for Sport and Exercise
- OCR Level 2 Certificate in Fitness Instructing. Anatomy and Physiology for Exercise
- WRIGHT Foundation CIC, Level 3 Diploma in Exercise Referral
- WRIGHT Foundation CIC, Level 4 Cardiac Rehab, Phase IV

What qualities do you feel are required for your job – personal and professional?

Flexibility: Need to be able to adapt your session to suit patients' needs and abilities. Work well as part of a team to achieve an overall goal to improve the service.

Empathy: When working with patients it is an essential quality to offer valuable support.

Listening: In a world where people are great at talking I feel it's equally as important to be able to listen, receive and interpret information.

Humour: In an environment where people are in chronic pain humour helps individuals to relax and respond better to exercise.

What is the best advice you have ever received?

"If you're the smartest person in the room, you're in the wrong room". The benefits of surrounding yourself with people who have more knowledge in business and life than you are endless.

A little bit more about me ...

I'm a father of two and I am a multiple world champion in Kickboxing. I have a passion for travelling and finding new places but love coming back home to family. I am professional and hardworking and always look for laughter in everything in life. I treat people the same way I would like to be treated with the utmost respect and care. I believe in order to fix a problem it should always start with a cuppa of tea/coffee.

What advice would you give your 16-year-old self?

Never be afraid to fail, some of my most valuable skills came from my biggest failures. If you don't know what you want to at 16 don't panic, you can change your path as many times as you wish. Be patient with people's advice and respect those who offer it freely as it may not suit you at the time, but over time it may prove invaluable.