

# SHADOWING FEEDBACK



Feedback from BACN member Natasha Carikas after she undertook our first Shadowing day

Natasha Carikas



I completed my foundation day in injectables in June 2017. Following this I felt I had gained an insight into the treatments available, but it was just that, a foundation day and I did not feel that it left me equipped to go out and provide any treatments.

So I looked at various options of shadowing and mentoring. It was hard knowing where to go or which company to choose. Then I attended the BACN conference in September. During one of the presentations I was made aware of the shadowing program. I immediately signed up to this as I felt this would be set up in a safe, professional and effective manner.

I live in rural Dorset and once signed up, the communication via the team at BACN headquarters was great. I was very quickly linked up to Aly who is based in Bournemouth, so only an hour away.

As soon as I arrived at her clinic I was made to feel welcome, she has such a warm and friendly nature and from reading up on her information beforehand I realised she had a wealth of experience and that I would really benefit from this day together.

Aly spoke to me beforehand to ask what I was hoping to gain from the day and had a full clinic booked up for us.

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We have just started our clinic up in Dorchester and I can honestly say spending the time with Aly gave me the confidence to get up and running. She taught me an awful lot about the consultation,

the importance of ensuring that all of the information is delivered effectively and she did this still managing to put each client at ease.

Also watching her injection technique has been invaluable, we shared a lot of information on that day and I came away quite exhausted but totally on a high!

Thank you Aly for making this experience such a positive one and thank you to the BACN for offering the service.

Something I would love the BACN to offer in the future would be a mentorship programme. The opportunity to have someone like Aly sharing advice and observing me doing treatments would be incredibly beneficial and if this becomes available I will be signing up to it!