

Claire Mitchell

Pre-Reg Optometrist Aberdeen

Wearing glasses from a young age really sparked my interest into the world of optometry. I found the science behind vision really interesting. After I left school, pursuing a career in the industry seemed both practical and rewarding, leading me to study a BSc (Hons) Optometry at Glasgow Caledonian University.

I was attracted to Optical Express by the extensive opportunities the company had to offer in terms of developing my career. In 2012, I joined Optical Express as an Optical Advisor in the Ayr branch. In this role I was responsible for looking after patients and the shop floor. I would help patients select frames, advise them on lenses and make sure that they were well-looked after throughout their time in the store. I would also complete minor administration tasks and store-housekeeping.

I became familiar with many aspects of the company and I developed great communication skills, crucially, learning how to interact with patients in the right ways. Since then, I've continued to grow my career within the company.

After I graduated, I looked at many options as to where I could complete my pre-reg but Optical Express was at the top of my list as the potential for career progression and clinical knowledge from other Optometrists was outstanding. Having access to the best equipment, technology and clinical training that the company offered was particularly impressive.

Throughout my training, I was treated with respect and thought of as a professional—not just a trainee— which I thought was particularly good and helped build my confidence.

Some of the things I enjoy the most about working for the company are the people I work with and the opportunities that I have to expand my career. By working with a range of people across the business, I've enhanced my skills, experience and my industry knowledge.

Thanks to the expert support and guidance I've received from my experienced supervisor and store team, in a few months' time I'll be a fully-qualified Optometrist. I plan on continuing to develop my career and look forward to my future with Optical Express.