

# Being a WorldSkills Competitor

Linda Nummelin  
WorldSkills 2009

Skill 32, confectioner/pastry cook



# Being a WorldSkills Competitor

- About me
- Competition experience
- Benefits of competing
- Questions



# About Me

- Born in 1987
- 2006 graduation from High School
- 2006-2008 vocational studies at Omnia and Helpa
- **2008 Baker-confectioner**
- **2008-2009 preparing for WS**
- **2009 WorldSkills Calgary**
- 2009 → Helsinki School of Economics
- **2010 UIPCG Junior World Championship, Budapest, Hungary**



# Competition experience

- Before:
  - Helpa provided facilities, materials
  - Almost full-time practising for 8 months
  - Stressful, independent, fun
- After
  - Good memories
  - Friends from Team Finland and Skill 32
  - Invitation to the next competition...



# Benefits of competing

- Learn new things about yourself
  - Self discipline
  - How do you act in a stressful situation?
  - If something goes wrong, how can you save it?
  - How long it is possible to concentrate 110% on doing something?



# Benefits of competing

- Professional improvement, new skills
- Looks good at your CV – easier to get a job
- Contacts





# Any questions?

Thank you for your time!