

## Placement Organisation & My Role

### About Yakult

The Yakult company, which was founded in Japan, is widely known for its iconic Yakult fermented milk drink, that contains the unique *Lactobacillus casei* Shirota bacteria. Since 1935, when the first bottle of Yakult was produced, the company has grown and is now available in 39 countries around the world. In the UK, the product range includes Yakult and Yakult Light.

### The Science Team and My Role

Yakult has an unparalleled reputation for scientific research within the field of probiotics and microbiology, with over 100 published human clinical trials.

As part of the Science Team in the UK, I helped to communicate the research behind *Lactobacillus casei* Shirota (the bacteria found in Yakult), the gut microbiota and its link to human health to healthcare professionals (HCPs), students and researchers. Examples of my responsibilities included:

- Direct communications with HCPs and researchers through workshops, workplace talks and conferences
- Conducting interviews with HCPs and academics
- Writing scientific article summaries for HCP newsletter



## Projects and Achievements



### Projects

- Literature review on the effectiveness of probiotics for constipation in European elderly nursing home residents
- Market research of products within the same category as Yakult
- Carried out recipe analysis and wrote health and fitness-related blog posts for Love Your Gut – a digestive health initiative that Yakult support along with charity partners in the UK and Ireland
- Created a series of test questions for colleagues in the office to test their knowledge of Yakult and the gut microbiota
- Supported the organisation of Yakult's biennial Study Day conference and managed a team of student helpers on the day

### Achievements

- Certifications from having completed two online courses on the Human Gut Microbiome and Writing in the Sciences
- Independently delivered a workplace talk on the gut microbiota and probiotics to a team of dietitians



## Challenges and Experience Gained

### Challenges

Initially, I found public speaking very intimidating. After presenting at a few workshops with the support of my team, I received increasing praise from attendees through feedback that they had shared. This motivated me to challenge myself and deliver a talk to a team of dietitians at a hospital. Having gained greater confidence, I independently represented Yakult at a conference, strengthening my problem-solving skills by managing any issues encountered throughout the day. This taught me the importance of pushing myself out of my comfort zone, as doing so in this example had allowed me to develop stronger organisation and communication skills.



### Experience and Skills Gained

- Knowledge and understanding of the gut microbiota and probiotics, and their links with health
- Strengthened oral and written communication skills for both scientific and non-scientific audiences
- Awareness of European health claim regulations, and experience working within a restricted communications field
- Enhanced literature reviewing skills including literature searching, data interpretation and critically reviewing
- General enquiry handling
- Developed a proactive approach i.e. seeking external opportunities