

# Earning Laurels in the World of Skills

## Stories on Individual impact

### Summary:

*Karishma Gupta, an aspiring Beauty Therapy student aged 19 from LTA school of beauty Pune (Maharashtra, India), has come out with flying colours having won a gold medal at the national level competition in Beauty and Wellness held as a part of WorldSkills India 2016. Karishma is now preparing to contend, and hopefully be selected, to represent India in the prestigious WorldSkills Abu Dhabi 2017 where representatives from 76 countries will come together to compete in close to 50 skills (Beauty Therapy being one of them) and thereby win laurels for their country.*

*Karishma was one of the 6 Indian students whose participation at the UK Skills Show 2015 was facilitated and sponsored by the British Council. The Skills Show is the UK's largest skills and careers advice event ([www.worldskillsuk.org/the-skills-show](http://www.worldskillsuk.org/the-skills-show)). The experience gained at the Skills Show provided an opportunity for Karishma to benchmark her skills by competing alongside UK competitors, while also enhancing her confidence levels for her future participation in International Skill Competitions.*

### Details

Karishma today is reeling in the glory of her recent success of having achieved a Gold Medal at the national level competition in India in the Beauty Therapy skill sector. Karishma had been working hard to achieve this feat and she attributes her success to the able mentorship of her trainer Vaishali; the rigorous training sessions she has undergone; as well as to the enriching training opportunities that she has been exposed to.

### The Skills Show Experience<sup>1</sup>

Karishma proudly remembers her participation at the Skills Show UK in 2015 where she, not ever having competed at an international platform before, on the first day of the competition was tremendously nervous. The unaccustomed weather condition and a huge number of moving audience at the competition venue were very unnerving for her.

Eventually, during the 3 days of the competition, she overcame all her anxieties and returned home with a treasure of knowledge and learning. She was also greatly encouraged by the promising feedback from the Skills Show judges who were highly appreciative of the skills demonstrated by her.

Karishma says that her confidence, time-management skills, organisational skills, and therapy techniques have all been greatly refined on account of the exposure provided at the Skills Show. The platform also enabled her to interact, share and gain knowledge from UK experts and embrace best practices.

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<sup>1</sup> More details of British Council's engagement at the Skills Show Study tour in 2015 is available at [https://www.britishcouncil.in/sites/default/files/skills\\_show\\_2015\\_-\\_impact\\_story.pdf](https://www.britishcouncil.in/sites/default/files/skills_show_2015_-_impact_story.pdf)

# SKILLS SHOW EXPERIENCE

As Vaishali reiterates, “I had noticed a visible difference in the way Karishma has performed before and after participating at the Skills Show. While I have noticed Karishma to be a bit mechanical while attending to clients, after the Skills Show experience she has become more spontaneous, confident and clear in her style of working. Two rigorous years of training and having got the opportunity to compete at an international platform has provided her the confidence to undertake challenges.”

## The Inspiration

At the Skills Show in 2015, beauty therapy students had got first-hand information on what it takes to be a winner, as they got the opportunity to meet and interact with Rianne Chester- the UK Gold Medallist in Beauty Therapy and the winner of Albert Vidal award for best overall score in the World Skills São Paulo 2015 (Rianne is the first person from the UK to pick up the Albert Vidal medal which recognises the 'best of the best'.)



*Students interacting with Rianne Chester (third from right)*

Karishma states that one of the major inspirations that she gained while interacting with Rianne Chester was to “*always keep alive your drive to achieve regardless of failures.*” Karishma says, “I was really amazed to hear Rianne talk about how she had not been able to qualify to represent Team UK for WorldSkills Leipzig 2013. But when she was invited back to try out for WorldSkills São Paulo 2015, she gave it her best shot, and we now see how she has brought laurels for herself and her country.”

While Karishma too could not win in the regional rounds held in New Delhi despite her hard work, she did not give up. As Vaishali says, “I could still see the motivation in her which kept her spirits high. Karishma persevered, learnt from her failures and that is how she got her gold medal.”

In July 2016, as a part of a return study-visit of the WorldSkills UK representatives to India organised by the British Council<sup>2</sup>, Sue Simpson (Key expert from UK in beauty and wellness) and Naomi Radbourne (Skills champion for UK in beauty & wellness) had provided deep insights on winning skill competitions.

Both Karishma and Vaishali reminisced about their interaction with the WorldSkills UK delegations in India and said that one of the very important tips they shared, and which was instrumental during the practice sessions for Karishma, was that Beauty Therapy students should video-record their own practice session even in the absence of a trainer. Vaishali adds, “While in India we do video-record practice sessions, these are mostly done on a formal level and majorly in the presence of a trainer. The new technique suggested by the UK representatives has helped Karishma observe, reflect and learn from her own mistakes and improvise her techniques.”

<sup>2</sup> More details of the return study visit is available at [https://www.britishcouncil.in/sites/default/files/india\\_skills\\_week.pdf](https://www.britishcouncil.in/sites/default/files/india_skills_week.pdf)

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# SKILLS SHOW EXPERIENCE

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Winning the skill competition has opened doors for Karishma to pursue career opportunities as a Beauty Therapy trainer. She too wants to inspire, mentor and motivate other aspiring students to take up skills training and participate and win at different skill competitions.

## About Karishma Gupta:



Karishma Gupta is from India, born and brought up in Pune. She has completed her 12th from Mira's college; her interest in beauty field inspired her to do this course (SGP) from LTA School of Beauty, which includes skin, hair, makeup, nail art, and spa. This is her passion something she wanted to do for the rest of her life. She wants to push herself to be one of the top makeover artists in this industry. She loves the cosmetology field and nothing would make her happier than to become a cosmetologist and help people to feel beautiful. She believes that beauty therapy is all about creativity and ideas.

*Karishma competing in the National finals 2016 in Mumbai, India*



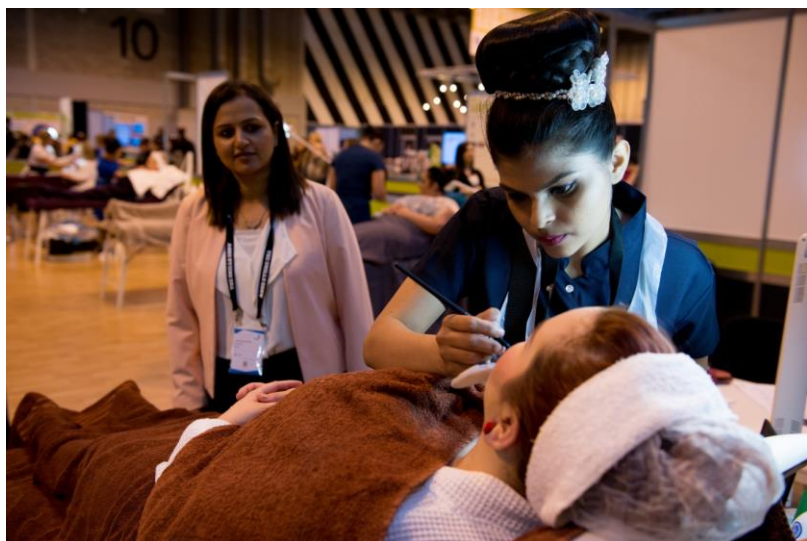
*Karishma being felicitated for winning the National finals 2016*



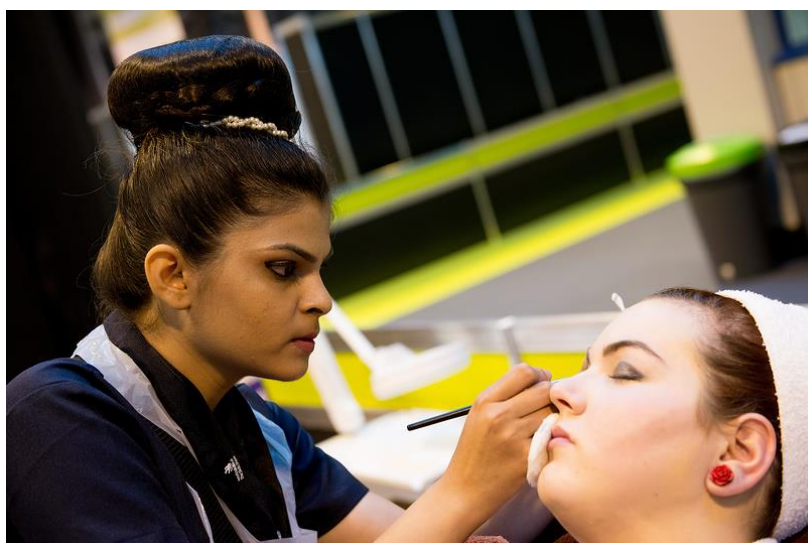
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# SKILLS SHOW EXPERIENCE

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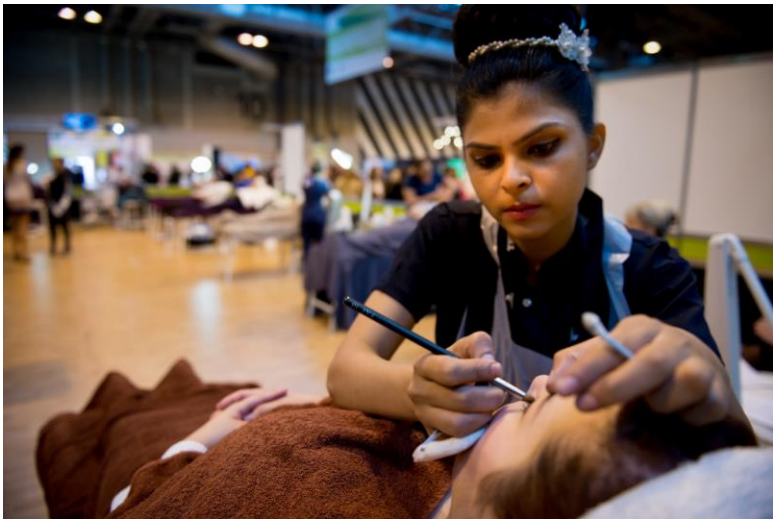
Karishma and trainer Vaishali at the Skills Show 2015



Karishma at the Skills Show 2015

# SKILLS SHOW EXPERIENCE

*Karishma at the Skills Show 2015*



*Indian students with Rianne Chester at the Skills Show venue in 2015*

