



Sofia's Recipe for Success at Beltane College



Sofia has always loved cooking for her family. She dreams of working in a kitchen, creating dishes that make people feel welcome and cared for. But without formal qualifications, and with anxiety around traditional classroom learning, Sofia didn't know how to begin. She was full of passion but unsure how to turn it into a career.

When she visited Beltane College Sofia was asked what she loved. The team listened, explored her strengths, and helped her build a personalised timetable that matched her energy, her learning style, and her goals. Sofia is now learning about hospitality while she keeps her peers nourished and helps to feed the community.

Her timetable includes:

Practical cooking sessions in Beltane's homely kitchen, planning menus and following rotas

Food maths and budgeting, calculating costs, portion sizes, and nutrition

Creative presentation, plating techniques and visual storytelling through food

Customer service, building confidence in communication, responding to preferences, allergies and handling feedback

Health, safety, and hygiene, through hands-on routines

Resilience and teamwork, managing pressure, solving problems

With Beltane's support, Sofia is turning her passion into a vocation and she's just getting started. She plans to visit local restaurants and catering suppliers, to chat with chefs and front-of-house staff about their journeys. As Sofia grows in confidence, she's exploring her next steps to a Beltane College Supported Internship opportunity with hopes of securing a paid outcome that fulfils her long-term hopes and dreams.

