

**WRITER, BETA READER,
CONTENT CREATOR**



**ABBY
BATHURST**

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ABBY BATHURST

ABOUT ME

I am a strong, pro-active creative with professional writing experience in prose, scriptwriting, poetry and journalism. I pride myself on being a reliable and trustworthy team player as well as an independent worker with the ability to adapt when needed. My passion for work never wavers and I have a desire to continually learn, develop and evolve.

MY PROFILE

EDUCATION

The Open University with Open College of the Arts

- **BA (Hons) Creative Writing**

Centre of Excellence

- **Freelance Journalism Diploma**

WORK EXPERIENCE

Founder, Designer and Writer

www.writewatchwork.com - 2019 to present

- Designing and managing the website interface for both desktops and mobiles
- Writing blog posts and interviewing authors, such as Cressida McLaughlin
- Designing social media content to promote blog posts and book reviews on Bookstagram

Beta Reader

Freelance - 2021 to present

- Managing clients and building good relationships
- Providing reader reports to clients with constructive feedback in an understanding manner
- Reading and analysing manuscripts

Editor-in-Chief, Journalist, Podcaster and Social Media Coordinator

FormulaNerds - 2021 to Dec 2024

- Managing a team of writers and editing their articles
- Aiding with content management and website organisation
- Managing relationships with personnel within the motorsport industry
- Writing both news and feature articles across F1 Academy, Formula 1, Formula 2 and Formula 3
- Attending press conferences and conducting interviews
- Conducting podcast interviews
- Reviewing races and debating topics within motorsport
- Writing promotional descriptions for podcast episodes
- Liaising with Social Media Managers to ensure consistent social media coverage of editorial content

MARKETING CAREER



I am a marketing hopeful, looking to work in a creative full-time role that will allow me to utilise my creativity whilst supporting others.

Whilst studying, I'm seeking a part-time role that will allow me to build and develop new skills. I am actively involved in the publishing industry, attending events, such as the London Book Fair, and showcasing my love of books on social media.

WORK EXPERIENCE

Marketing and Publicity Work Experience Intern - Vintage, Penguin Random House July 2025

- Administration tasks: designing spreadsheets, organising and distributing mailing packages, cross-referencing information on industry software, data entry, and maintaining schedules
- Researched industry contacts and influencers to receive mailings and attend events
- Created press releases by adding copy, quotes and colour design
- Restocked and organised shelves and took inventory, maintaining the department's stockroom
- Supported the internal team with any ad-hoc tasks when necessary

BOOKTOK AND BOOKSTAGRAM

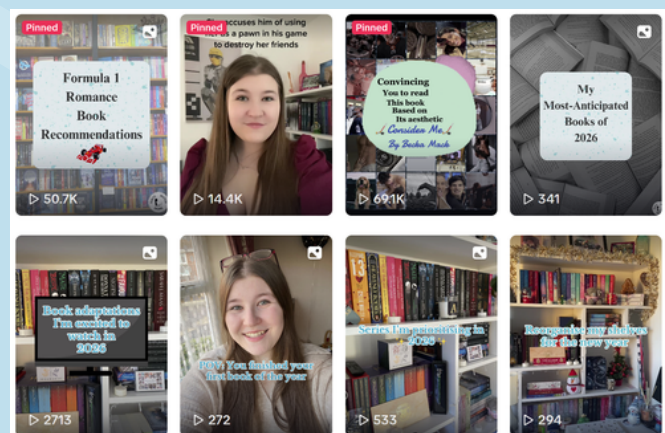


@writewatchwork

477 followers

Most viewed post in last 90 days:

2.2k views



@abs_bathurst

1831 followers

46.6k likes

Most viewed post: 89.2k views

MY SKILLS



VERBAL AND WRITTEN COMMUNICATION



PROJECT MANAGEMENT



SPANISH (ADVANCED)



ORGANISATION AND ATTENTION TO DETAIL



**IT SKILLS (MICROSOFT OFFICE, CANVA,
INDESIGN, WIX, WORDPRESS)**



RESEARCH



**CONDUCTING INTERVIEWS AND
TRANSCRIBING AUDIO**



TEAMWORK AND INDEPENDENT WORKING



BLOGGER

To view my blog, visit <https://www.writewatchwork.com>

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15,000+ views with regular readers

A KEY HIGHLIGHT

SOURCES OF TRAFFIC

- Google
- LinkedIn
- Social Media
- Direct
- Wix Marketing
- Bing

TOP COUNTRIES OF READERS

- United States
- United Kingdom
- India
- Canada
- Australia



Interviewing the author, Cressida McLaughlin

BETA READER

WHAT I DO

- Beta read manuscripts for clients

WHERE CAN YOU FIND ME

- Fiverr at AbbyBathurst28



WHAT SERVICES I OFFER

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BETA-READING TESTIMONIALS

“

jacktaylor581

"Abby was absolutely fantastic from start to finish. It has been a real pleasure working with her! Gave a very detailed critique and provided me with great feedback about my project! Would 1000% Recommend her services to anyone! Thankyou Abby."

“

bilboa4412

"Abby helped me tremendously on my plot, characters and pacing. I appreciate all her work and patience. I'd work with her again. cheers!"

“

ultima_scribe

"Abby delivered a thorough review of my manuscript. Based on her submission, it was obvious that she had reflected on the material and read the entire draft. Her feedback was kind and encouraging. I was overall very satisfied with her as a beta reader!"

FORMULANERDS WORK

MY ROLES

- Editor-In-Chief
- Motorsport Journalist
- Podcast Panellist
- Social Media Coordinator



DURATION OF WORK

- Joined October 2021 as a journalist
- Became a podcaster a few weeks later
- Was given the role of F2/F3 Editor in February 2022
- Became Deputy Editor-In-Chief in the later half of 2022 and Editor-in-Chief in April 2024 until December 2024

WHAT I GAINED

- Increased confidence
- Contacts within the industry
- Improved writing and editing skills
- Developed verbal communication due to the podcast
- Experience maintaining professional relationships
- Experience of managing a team

FormulaNerds shut down after I left, but there are examples of my work below in this portfolio.

HIGHLIGHTS



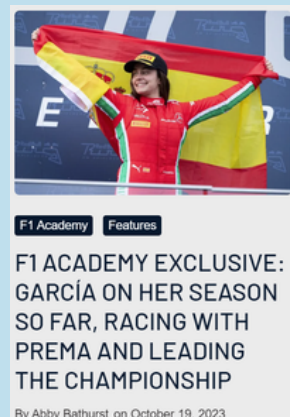
Interviewing Mario Andretti on the podcast



Attending the 2022 and 2024 British Grand Prix as an FIA-accredited journalist



Visiting Silverstone for the first time to see the SuperKarts



Interviewing Marta García, F1 Academy's first champion

FREELANCE JOURNALISM

WHO I WORKED FOR

- Debut Media
- Writeous

ARTICLES FOR DEBUT MEDIA

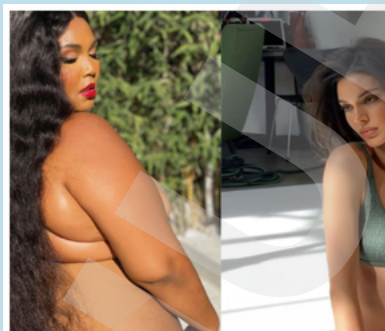
- Diet Culture: The enemy within us
- Another rejection email? Here's 10 ways to make you stand out to employers
- BRITs 2021: Women come first (finally)
- 10 of the best dressed celebs in BRIT Award history



*Another rejection email?
Here's 10 ways
guaranteed to make you
stand out to employers*



*10 of the best dressed
celebs in BRIT Award
history*



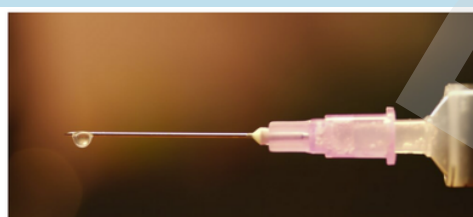
*Diet culture: the enemy
within us*



*BRITs 2021: Women come
first (finally)*

ARTICLES FOR WRITEOUS

- Why it's so hard to be the real you in a perfectionist-driven world
- Film review: Cinderella
- Mobile phones: Do the risks outweigh the benefits?
- Beware of the scare... Top 5 horror movies for October
- Infamous injections: Anger. Fear. Terror.
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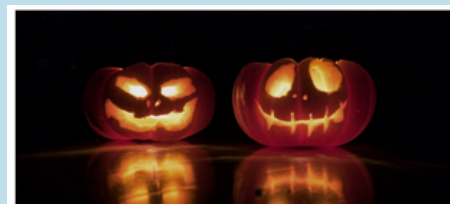
Infamous Injections: Anger. Fear. Terror.

As a woman living in the 21st century, life has its ups and downs, but for the most part it's pretty good. There's more opportunities for...



Why It's So Hard To Be The Real You In A Perfectionist Driven World

Published 1 day ago on July 6, 2021
by Abby Bathurst



ENTERTAINMENT / 5 days ago

Beware of the Scare... Top 5 Horror Movies for October:

You feel like you're being watched. A shiver runs down your spine. A floorboard creaks in the distance. Spooky season is officially here and that can...

EXAMPLES OF MY JOURNALISM



F3 SPRINT PODIUM-SITTERS SHARE THOUGHTS ON POSTPONED RACE

Formula 3 had yet to race in wet weather conditions this season, but this weekend in Silverstone definitely saw some wet conditions on track

By Abby Bathurst | Jul 6, 2024 | 2 min read

The F3 Sprint Race was postponed due to severe wet weather conditions around Silverstone and the three podium-sitters spoke to FormulaNerds about the impact of having the race postponed.



The Formula 3 grid for the postponed Sprint Race at Silverstone. (Credit: X @Formula3)

Round 7 of the 2024 Formula 3 season is at Silverstone and so far, there has been a mixture of conditions. Prior to the British Grand Prix weekend, F3 hadn't race in the wet.

However, that soon changed. Free Practice was a wet session; Qualifying started off dry but became wet; and the Sprint Race was wet on the first attempt and bone dry on the second attempt.

Initially, the F3 Sprint should have occurred this morning, making the 30 drivers the first out on track. Unfortunately, because of the wet weather and water on the track, it was deemed too dangerous to drive.

Therefore, after postponing the race, the F3 drivers had to wait for approximately six hours to hit the track.

It was Noel Leon of Van Amersfoort Racing that started in pole position, having qualified 12th yesterday. Also on the front row was Arvid Lindblad and Matias Zagazeta.

These three drivers held onto the podium positions, however, Lindblad took the lead off the line, scoring his third victory this season at his home race. Leon finished in second and Zagazeta achieved his first points finish of P3.



A less-than-ideal start to our Saturday 🌧️😞

Our Silverstone Sprint was postponed due to persistent rain and standing water this morning.

The race has been rescheduled to start at 18:00 local time 🕒

#F3 #BritishGP



12:13 PM · Jul 6, 2024



230



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'It was the right decision

In the post-race press conference, FormulaNerds spoke to all three drivers about the impact postponing the race has on their preparation for tomorrow. Speaking to the home race winner, Lindblad confirmed that whilst there is less time between races, it doesn't change much. He told FormulaNerds:

"Yeah definitely, obviously having a race late this evening means there's less time to prepare for tomorrow.

"But we'll still try to do things properly, we'll go through the proper debrief and stuff. I think like Noel said it's going to be a late evening because obviously tomorrow's the important race, so we need to try to prepare and learn as much as we can from today to maximise tomorrow."

Zagazeta, however, has different circumstances. He told FormulaNerds that it's his dad's birthday, but the Jenzer driver still aims to prepare himself as best he can for tomorrow. In the press conference, Zagazeta said:

"It's my dad's birthday today so we're going to go for a nice dinner and I'll try to sleep as early as possible, but a very early start tomorrow, so I need to reset and focus because we have a long race tomorrow as well, but looking forward to it."

The P2 finisher, Leon, reiterated to FormulaNerds that it'll be a "late night" but also an "early" morning tomorrow for the drivers. He said: "It's going to be a late night and early tomorrow. But we need to keep pushing to improve that little bit the car and be ready for tomorrow."

But he also expressed that he was "happy" F3 did manage to race today and that postponing the race was the right decision. Leon said:

" "Happy to race today. In the morning it was very very dangerous to race. It was the right decision from the race director to postpone."

The Feature Race is tomorrow morning at 08:20 UK time. Rain is currently on the forecast for tomorrow, however, it's not expected to rain when F3 take to the track.

Headline image: [X @Formula3](#)



F1 SEASON REVIEW: LANDO NORRIS HAD A TALE OF TWO HALVES IN 2023

Lando Norris' 2023 campaign took a turn for the better from the British Grand Prix onwards when he went on to secure seven podiums for McLaren

By Abby Bathurst | December 21, 2023 | 6 min read

Lando Norris began the 2023 season on the back foot due to the challenges the MCL60 presented, but as the season progressed, the Brit proved just how talented he is at getting the most out of the car.



Lando Norris leads Max Verstappen at the start of the British Grand Prix. (Photo by Peter Fox/Getty Images)

2023 saw new faces at McLaren in terms of Team Principal Andrea Stella and rookie driver Oscar Piastri. Lando Norris, who joined the Woking outfit as a junior driver back in 2017 remained with the team and after McLaren's performance this year, the Norris-McLaren partnership will likely continue for many more years to come.

Norris has been deemed a future world champion on more than one occasion. In his junior career, the British driver won the FIA Formula 3 European Championship in 2017 and whilst racing in Formula 2, Norris was the vice-champion to George Russell.

His time in F1 has seen him excel and improve as a driver over the year. He took his first pole position in Sochi two years ago, but in his 104 race starts, a Grand Prix victory still remains elusive.

At the end of the 22 rounds – Round Six having been cancelled – Norris finished P6 in the Drivers' Championship. On 205 points, he was a point behind Fernando Alonso and Charles Leclerc. But when it came to the Constructors' Championship, Norris' string of podiums allowed McLaren to take P4 from Aston Martin.

What went well?

In the beginning of 2023, McLaren clearly struggled more than other teams, but after bringing in two big upgrade packages, the team improved massively. Norris finished the season with 205 points as mentioned above, but 193 of those points were scored since Austria.

His performance correlates with McLaren's upgrades, but when he had a fast enough car underneath him, Norris was able to become the second-highest points-scorer on the grid – the first being Max Verstappen.

Finishing high up the grid aided Norris in scoring these points as since Austria, he finished in the top 10 all but once, which was Las Vegas. During those races, Norris scored seven podiums, six of which were P2 finishes.

That means over his whole Formula One career, Norris has scored thirteen podiums; his first was back in 2020 at Austria.



McLaren

@McLarenF1 · Follow



More points than any other year! 🏆

#F1 @LandoNorris



6:31 PM · Dec 5, 2023



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In the sprint races this year, Norris also achieved good results. Whilst the first sprint in Baku saw him finish P17 and the second in Austria saw him place P9, the others saw him score more points. In Belgium, he scored three points in the Sprint; in Qatar, he scored six points; Austin saw him finish P4 with five points and lastly, the Sao Paulo Sprint Race saw Norris stand on the podium with seven points.

So overall, his 2023 season saw a huge performance improvement. His consistency shone through this year and he extracted the most from the MCL60 once the upgrades arrived, having fought at the front in multiple races.

What could have gone better?

Whilst Norris had a good season overall, there were aspects of his performance that could have been improved. A major thing to note is that in the inaugural Las Vegas Grand Prix, he suffered a DNF after crashing in the opening laps.

That weekend saw Norris go out in Q1. The McLaren driver qualified P16 but began the race in P15 after Lance Stroll took a grid place penalty. McLaren struggled more than usual as Piastri also went out in Q1.

Norris made up a few places at the beginning of the race, but ultimately his time racing around Vegas was brought to an end after he crashed at Turn 12. This was his first DNF of the year. However, Andrea Stella believes that it was not an error in Norris' driving that caused him to crash. The Team Principal of McLaren said he believed a bump on the track caused the Brit to lose control of the car.



Minor errors means missing out on results

Other than Las Vegas, the main things that could have gone better for Norris were avoiding small mistakes. The beginning of the season saw him struggle due to the challenges of the MCL60. However, once the upgrades came into fruition, he was able to perform exceedingly well, apart from a few races where he made small errors. These errors more often than not cost him pole position.

The Qatar Grand Prix saw Norris start the race in 10th, but finish in third, taking his fifth podium of the year. Throughout Q3, Norris demonstrated the pace that his car had. But unfortunately, track limits caused Norris to fall back. He initially set a lap time of 1:24.074, which put him on the front row provisionally, but during the lap, all four tyres went over the white line, and so he finished qualifying in 10th.

Mexico was another example of what could have gone better for Norris. He finished the race in fifth, bagging 10 points, but qualifying saw him produce some errors.

As Q1 went on, both Norris and McLaren were at risk due to Norris having yet to set a fastest lap. Unfortunately, when he went to set a fast lap, he had a big moment of oversteer. This meant that his lap time wasn't good enough to get out of Q1 and he didn't have time to go again as Alonso brought out the yellow flags.

Abu Dhabi was a different story in terms of starting position for the race. Norris qualified in P5, which is where he finished the Grand Prix, but he narrowly missed out on pole position. In the final session of qualifying, Norris set purple sectors but he had a moment where he went wide, which caused him to lose out on P1.

Overall, these errors whilst small, did cost him some valuable positions.

Low points and highlights

As mentioned above, the low points of Norris' season have to be the small errors he made now and then. However, his highlights certainly outweigh the low points.

As well as achieving eight podiums, he led laps at his home Grand Prix. Considering where he started the year, his progression to leading five laps at Silverstone showed just how well he drove the McLaren after the upgrades.

This was reiterated in Singapore. Whilst Carlos Sainz raced tactically and took the victory, Norris finished in P2, within DRS of Sainz.



Lando Norris, Carlos Sainz, Fred Vasseur and Lewis Hamilton on the Singapore Grand Prix 2023. (Photo by Qian Jun/MB Media/Getty Images)

During this race, the fight was intense between Sainz and Norris. Had it not been for the 62 laps coming to an end, some would argue that the McLaren driver could have taken the win from Sainz.

What does he need to improve upon for next year?

The main development point for Norris is to iron out those little mistakes that cost him valuable positions and points. Working with Piastri and having the upgrades McLaren brought has pushed him to work harder than before, and it's paid off.

However, he still has yet to win a race. McLaren has seen a front-row lockout in Qatar for the Sprint Race. Piastri took Sprint Pole and the victory in the Sprint Race, which whilst it wasn't a Grand Prix victory, he's still stood on the top step of the podium more than Norris.

Therefore, with the development McLaren made in 2023, and the strong rookie performance of Piastri, Norris needs to focus, in my opinion, on clearing up the little errors to maintain his consistency to ensure he can achieve a race win.

And so, in closing

McLaren's development this season is one to admire and Norris' performance is too. Among the 20 drivers, Norris stood out among the rest, scoring the most points in the second half of the season other than Verstappen.

Norris was consistent throughout and the upgrades just showed what he could do on a race track. With seven podiums added to his career total and a competitive teammate in Piastri, the future looks bright for both Norris and McLaren, especially with the arrivals of Rob Marshall and David Sanchez in 2024.

After the final race in Abu Dhabi, Norris has said he is "more confident" going into 2024 and taking victory. So with an upward journey in 2023, next year could be his best yet.

Season rating: 8.5/10

Feature Image Credit: GettyImages



F1 ACADEMY EXCLUSIVE: GARCÍA ON HER SEASON SO FAR, RACING WITH PREMA AND LEADING THE CHAMPIONSHIP

Marta García made the move to single-seater racing in 2016 and this coming weekend she could be crowned F1 Academy's first ever champion

Abby Bathurst | October 19, 2023 | 8 min read

The F1 Academy 2023 season concludes this coming weekend in COTA and PREMA driver, Marta García, could take home the championship, becoming F1 Academy's first-ever champion.



Marta García of PREMA Racing on track during F1 Academy's weekend at Monza. (Credit: PREMA Racing)

F1 Academy debuted this year as an all-female racing series. The championship has seen 15 drivers race across six rounds and the much-awaited season finale is this weekend. The first six rounds of the 2023 season saw the F1 Academy teams and drivers compete on European tracks, including the likes of the Red Bull Ring in Austria and the Circuit de Barcelona-Catalunya in Spain. But for the season finale, round seven, F1 Academy takes to the track at the Circuit of the Americas in Texas.

This weekend will not only be F1 Academy's first race outside Europe, but it will also be the first time the series is racing alongside Formula 1. The F1 Academy weekend will also be broadcast this weekend so viewers can watch all the action of the season finale.

Heading into round seven, the championship leader is Marta García. The Spanish racer made the move to single-seater racing in 2016 and has since raced in the Spanish F4 championship and also W Series. But now, García is racing for PREMA Racing in F1 Academy and has a 48 point advantage over her closest rival, Lena Buhler.

Ahead of F1 Academy's season finale, FormulaNerds sat down with Marta García to talk about her year so far and what it would mean for her to be the first F1 Academy champion.

Looking ahead to the season finale

Speaking to FormulaNerds about how she feels ahead of COTA, García said:

"I'm feeling quite excited. Of course, it's going to be a weekend with F1 as well, which I think is going to be great for visibility; it's the first time the races are going to be broadcast this year.

“I’m feeling good. I have the championship in my hands, let’s say. I know I have to do a good job.

"What I'm going to try and do at the end of the day is do what I did in all the other races. Work on the free practice and try to get as much information as possible there and then do a good qualifying and just get good points, as many as possible.

"And then we'll see what happens. I'm really excited for the races. I think it's going to be quite cool."

With the championship so close to being sealed and García's current lead, we asked her what it would mean to her to be F1 Academy's first champion. She confessed that it would mean a lot especially having struggled a bit in W Series. García said:

"It would be great, it would be amazing. It would mean a lot to me because I've been racing in karting a lot and then I went to single-seaters and it was a bit tricky in the beginning.

"My years in W Series, I had a year where I was not feeling really well mentally. I struggled a bit. So for me, winning the championship would be something really important, for me, for myself, as something I accomplished. It would mean a lot to me."

Reflecting on the season so far

Over an entire F1 Academy weekend, there are 67 points up for grabs. In both qualifying sessions, the driver who takes pole position receives two points. For Race 1 and Race 3, the points system follows the same as Formula 1 whilst Race 2 sees 10 points for a win, eight for P2, six for P3 and so on. There is also a point for the fastest lap in each race, provided the driver is in the top 10.



Marta García with a trophy after securing another win, making it a total of five victories ahead of the season finale. (Credit: PREMA Racing)

So far this season, across the first six rounds, García has taken six victories. In the opening round of the season, the PREMA driver won two races after taking pole position in both qualifying sessions.

The only rounds where García wasn't able to take a victory were Barcelona and Zandvoort. However, in Barcelona, she made it onto the podium in all three races and in Zandvoort, García was on the podium in Race 2 and P4 in Race 3. Unfortunately, she was forced to retire from Race 1 at the Dutch circuit due to an issue.

But when asked by FormulaNerds what the highlight of her season is, García noted two weekends.

“ I think the highlight, I would say, one of them was probably the first race in Austria because I was the first driver to win an F1 Academy race.

"After that, I have to say also the race from Paul Ricard. I remember struggling a bit in sector one because of the track limits that some of the drivers were actually doing because it was impossible not to do them. I did this after because my quali was not really good, I was P6 and P5 I think.

"So that weekend and the fact of winning two races when everything was going in a not good way, it was great, just the feeling I got. I remember I was even crying on the last lap because I don't know, I had so many emotions over how tough the weekend was and how good it ended at the end of the day.

"So I think I would highlight Paul Ricard as one of the toughest races in the beginning, but it ended really well."



What a result for García! Important points secured in her title fight.

#F1Academy



Watch on X

3:56 PM · Jul 30, 2023



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Learning a lot this year

Whilst a lot of the tracks F1 Academy raced at this year are ones where García has previous experience, the Spanish racer still feels she's learnt a lot throughout her journey this season.

Reflecting on the season as a whole, García admitted that it's been "quite a good journey." She told FormulaNerds:

"I think we started pretty well in Austria with the two poles and then the two wins, and the inverted race, which was the first one so I was a bit cautious.

"But I think after that, apart from some difficulties that we faced like the track limits in Valencia, or maybe some other difficulties in other tracks, in Zandvoort and maybe Barcelona, I think overall it's been a great season for us.

"Obviously I'm with the team PREMA, and I've been working really well with my engineer and other people around the team. I would say it's been a positive year, of course... but I think it's been quite good as I've learnt a lot as a driver."

Elaborating on what she's learned in F1 Academy, García said:

“I realised I didn't know how to drive a single-seater properly because at the end of the day, when you come from karting into single-seaters, it changes a lot, the technique and everything.

“When I was racing in W Series, we didn't really have much track time. Being in F1 Academy where we have much more track time and we're able to do testing. In those tests you learn more with the engineers and the people in the team, like how to properly understand how the weight of the car works.

“It's something you need to understand to be able to go fast, so I think that's one of the things I've learned this year the most. I think I would also say working with professional people, how to do debriefs, how to work around the team. I think all of this, I've learned this year properly.”

A mentoring role within PREMA

García's teammates at PREMA are [Bianca Bustamante](#) and Chloe Chong. 2023 is Chong's first year racing cars whilst Bustamante has previous experience in W Series (in 2022) and the F4 UAE championship. However, out of the three of them, García has the most experience.

Speaking to FormulaNerds, García touches on the role she has taken on within the team, helping Bustamante and Chong. García said “inside and outside of the track”, she's been “the mum” to her teammates.



(L-R) Marta García, Chloe Chong and Bianca Bustamante of PREMA Racing walk down the pitlane prior to the F1 Academy Series Round 1: Spielberg at Red Bull Ring. (Photo by Adam Pretty – Formula 1/Formula 1 via Getty Images)

She commented on how she's helped Chong, especially with things that Chong perhaps didn't know. García said:

“When I was racing, I got to talk to Chloe about things that she maybe didn't really know. Like your first year in single-seaters, how that is because it's not easy and mentally, sometimes you struggle. So at the end of the day, you need someone who knows how it is and can explain it.”

However, García did admit that they can all learn from one another.

"I think all of us learn one from each other. Maybe one is better at this thing, maybe the other is slightly better here. So as a team, we try to learn as much as possible from our teammates.

"But I have to say, of course, I was the most experienced this year, so I think it was good for Chloe and Bianca to have my data, but also some references from other drivers that we have in PREMA."

Praising F1 Academy

The final topic FormulaNerds asked García was on F1 Academy's strides at getting females into motorsport. As well as having each of the F1 teams sponsoring a driver next season, F1 Academy has created Discover Your Drive and partnered with Champions of the Future.

As a female driver, who has previously raced in W Series and now in F1 Academy, FormulaNerds asked García about her thoughts on the championship's action for promoting women in motorsport. García had nothing but praise for F1 Academy, saying:

"I think it's amazing. They're doing a great job. Well, I think we are all doing a great job, we're a part of this, part of the change, the F1 Academy drivers.

"I think the fact of Discover Your Drive is something really cool and something we need. And also, now that they just announced the partnership with Champions of the Future, I think it's great that they're going to be looking at some of the young girls in each category. I think that's going to help a lot and the possibility that some of them will have a test in an F1 Academy car.

"I think all of this is just progress in motorsport in terms of girls and trying to push as hard as possible to help younger girls, so that then in the future we can see more women racing in the categories of F2, F3 and hopefully, F1 one day.

"But I think F1 Academy is doing a great job. This is what we want. We want to progress in motorsport and F1 Academy is doing a really good job."

The season finale of F1 Academy

Round seven of F1 Academy's 2023 season is this weekend. All on-track sessions are being broadcast across the whole weekend. With only 48 points between García and Buhler, will García be able to take the championship win?

Headline Image: PREMA Racing

📷 BY ABBY BATHURST

Diet Culture: The enemy within us



LIFESTYLE

Imagine **never** being 100% happy with your body. If you're reading this, chance are you don't have to imagine. You know exactly what it feels like. You've experienced feeling you need to lose weight or put it on. And if you're unfortunate enough, you would have been body-shamed at some point for either being too small or too big. With Mental Health Awareness Week coming to a close, we want to remind you that the conversation around this toxic trait needs to go beyond this week.

'Hot Girl Summer' is rapidly approaching, restrictions are lifting and the pressure is on! Hello crazy diets, insane workouts, and toxic self-judgment. Diet culture and mental health aren't two things normally associated with each other, but they should be as one affects the other and we end up being our own worst enemy just to 'fit in' within society.

Everybody in life, especially us women, falls victim to society's opinion of 'perfect' and we punish ourselves when we feel that we don't look the right way. We always hear of the features deemed 'most attractive' and work our asses off in the gym to build our 'peach', tone our thighs, and trim our waists. We're told the bigger the boobs the better, but they can't be *too* big; the curvier the figure the better, but only curvy in the 'right' places – No matter how we look, or what we are always criticised, mainly by ourselves.

Celebrities are constantly in the spotlight of the public eye. We know their every move, who they're dating, what they wore to Starbucks. We know when they've lost weight or put it on. *Adele* is one of the many celebrities to have shed pounds and focused on becoming a healthier version of herself. Whilst she wasn't considered 'slim' before her weight loss, there was absolutely nothing wrong with how she looked, but now the media deems her to be stunning just because of her slimmer figure.

Singer *Lizzo* is constantly subjected to the back and forth between not having a 'healthy body' and promoting 'body positivity'. On the one hand, she is glorified for being confident and comfortable with her body, and on the other, she faces backlash from those who see her as 'unhealthy'. In her TikTok video, she says "What really bothers me are the fake doctors in the comments saying 'oh, you have this' or 'you might have this condition'. No. What if I'm just fat? What if this is just my body? Bodies are not all designed to be slim with a six-pack, you know what I mean?"



Other celebs, like Ruby Rose and Kendall Jenner, have all been skinny-shamed. In an interview with Harper's Bizarre, Jenner said ***“Calling someone too skinny is the same as calling them too fat.”*** Rose had fans comment on her Instagram saying that “she has lost so much weight” and that to “inspire fans” she needs to put it on. Fat-shaming and skinny-shaming are both extremely detrimental to the mental health of those on the receiving end and can lead to a spiral of toxic body negativity.



The struggle against diet culture is a silent battle and no one really knows what someone is going through. Society puts pressure on us to be perfect and have the most desirable body we can. It's almost as if we haven't got enough to worry about. But our thoughts can turn negative and our bodies can become harmed. Beloved *Nikki Grahame* was a sufferer of diet culture. She died of anorexia nervosa - a disease that no one really understands until you live it.

Jameela Jamil, actress and body positivity activist, also suffered from anorexia and body dysmorphia aged only 14, after having to weight herself in class and being told she was the heaviest girl. *Girls* star Zosia Mamet was told she was “fat” and punished her body for that. Everyone goes through a battle with diet culture, and with the idea that ‘Hot Girl Summer’ is about being slim, we need to know that our priority should be our health - physical and mental.

Toxic trends and dangerous diets aren’t healthy, they’re not the things we need to be able to appreciate and accept our bodies. Confidence is the most attractive quality a person can have, regardless of their appearance. But how do we stay confident with the constant pressures and obsession with the way our body looks?

We need to be mindful of how we speak to others and to ourselves, you may think that telling your friend they look ‘soooo skinny’ is a compliment but that isn’t always the case. In the same way, telling them they look ‘meaty’ or ‘nice and curvy’ may not necessarily be seen as a positive.

We don’t need to change how we look to be beautiful in society’s eyes. If you want to change let it because you want to be healthier, stronger, better. Not because you want to replicate a celeb’s body or an Instagram model.

Newsflash: the only opinion on *your* body that matters, is *your own!*

📷 BY ABBY BATHURST

Another rejection email? Here's 10 ways guaranteed to make you stand out to employers



CAREERS

If you've been job hunting in the current climate you have probably opened your inbox to more than enough 'After careful consideration' or 'Unfortunately you have been unsuccessful on this occasion' and 'We regret to inform you...' It's crap and at best makes us want to ignore our emails for the rest of the week! But in the name of resilience, we know giving up isn't the answer. So, we've done some research on ways that can help you make yourself more employable.

Here's our top 10:

Learn a new language

There are up to 7,000 different languages in the world, and whilst some may be more common than others, it is always going to be handy to know another language. You can be bilingual, trilingual, and multilingual. Being able to speak another language makes you more employable because businesses like having employees who can connect with others, outside of their usual clientele. Knowing languages like Chinese, Spanish and German will not only make you more employable because of your language skills, but they'll help improve your verbal communication, your grammar and knowledge of other cultures, #fantástico!

Get qualified

If you have a hobby or a particular skill you want to improve and be able to show you are qualified in, there are many ways you can get official certification. Sites like Centre of Excellence and Open University offer a huge range of different courses, where you can achieve a diploma or accredited certificates. Completing one of these courses will make you more attractive to employers as it shows you've gone beyond your general education qualifications.

Online courses

As mentioned above, there is a plethora of online courses available to you, and whilst some offer qualifications, others don't but that's not to say that you shouldn't consider doing one. Sites like Reed, Udemy and FutureLearn offer courses in hundreds of subjects, which are sure to keep you busy during lockdown, #notbored. These courses will show your initiative, your skills, and your interest in the subject. All those three things are so important in making you more attractive to employers.

LinkedIn

If you're not on LinkedIn yet, now is the time. You can create a whole profile based on you, sharing your qualifications, skills, and experience. It allows you to professionally network and it notifies you if there is a job opportunity in the industry that you're interested in. By creating a LinkedIn profile, you will be more accessible to recruiters and jobs will be more accessible to you. You can also take on a range of free online courses to test your skills and make yourself appear more suited to hiring managers.

Work/Life Balance

Whilst this isn't a physical thing to put on your CV, it is an essential part of applying for jobs. During lockdown especially, life can be quite stressful and get a bit out of hand so finding a balance is key. Making sure you balance your work and personal life is important as it can make you more attractive to employers because you will inevitably be more flexible with working hours and timings for potential jobs. Plus, if you have less stress in your life, or things to help you calm down at the end of a hard day's work, you'll be more focused on your work and more inclined to achieving the best –all things employers want.

Make Some Noise

Blogs, or Vlogs are a great way to stand out and show employers you're willing to go the extra mile. Now, it may seem a big unprofessional and you may be thinking, *surely employers won't be interested in a blog?* The truth is that by creating one, you are also creating a *portfolio*. They can be a place where you share your work and showcase your talent and because they are digital, it makes it easier for employers to find your work.

Volunteer

Volunteering is an amazing thing to do to make yourself more employable because not only will it help those you volunteer for, but it will help you. It allows you to meet new people (perhaps some even in your industry), gain and develop skills, and get experience. There are sites like *Volunteer Match* or *Do-It* that have made volunteering easy, and being able to demonstrate to an employer that you've volunteered shows that you care about others, and are willing to dedicate your free-time to doing something selfless.

Tidy Up Socials

We've heard this over and over again but when applying for a job you need to make sure you go through all your social accounts to see what type of impression you give off, an employer could search your name and instantly be flooded with information about you so make sure whatever you post publicly you're happy with the world to see. Even your profile picture says a lot! You want to make sure you make a good impression before you even speak to the employer.

Network

Networking is a crucial part of finding a job, it puts you in contact with professionals in specific industries who could potentially become your employers, mentors or teachers. It allows you to meet other aspiring people in a certain field, and share your experience and knowledge. Networking will open up new opportunities for you and can make employers more aware of who you are, especially if you're proactive. Come along to our next Mixer this summer and network with some industry professionals and other aspiring media/creatives, you never know where a new connection may lead.

And finally...

Perfect Your CV

This is the first chance an employer gets to find out about you. You want to make sure that there isn't anything irrelevant on it, make your CV look clean and easy to read. If an employer is just skimming through hundreds of applications, and your CV looks too busy, they'll probably look through someone else's first. It's all about the impression you make, and the way you layout your CV and what you include can reveal a lot.

Why is it difficult to be the real you in today's society?

By Abby Bathurst

We live in a world where we're taught to be ourselves and that we can speak our minds and convey our opinions, but in today's society it is difficult to be the real you. Our lives are ruled by a digital world that plagues our minds and controls our actions; technology is everywhere and it only heightens the pressure society creates, turning it into something more sinister and toxic.

Millennials have grown up with smartphones, virtual assistant AI devices and social media that have all contributed to the decline of realism and ease of self-expression. Social media is in every aspect of our lives from how we read our news to communicating with loved ones. It is unavoidable, powerful, dangerous. People today want to be themselves, they want to be able to feel proud of who they are, no matter what others think, and yet we are constantly bombarded with this pressure to fit in and conform to society's requirements and expectations.

Every individual is exactly that, individual; no two people are alike, no matter their race, gender, sexual orientation, or religion. We are all unique in our own right. So why is it so hard to express our uniqueness and to be who we truly are?

Society has certain expectations of how we are supposed to look. Fat and skinny-shaming are just two of the many reasons as to why we feel terrified to express ourselves; but no man or woman should feel pressured into being a certain clothing size - they all change depending on the shop...and even the country. Our bodies are completely different. It shouldn't matter if we don't look like the cover of Vogue or the model in an aftershave advert. However, whilst appearance shouldn't matter, it does.

We live in a generation terrified of being judged. We are terrified of being classed as "one-of-a-kind" and inadvertently we try to fit into stereotypes, but shy away from those that society has deemed as "bad". We want to be different whilst being the same as others because society has created a microscopic culture where you are scrutinised for everything you do. And this fear of judgement takes away the beauty in identity and difference.

Not only are we judged for our appearances, we're judged on our actions.

Perfectionism is something that we all strive to achieve and when we make a mistake, we feel that we've failed and that society will deem us a failure; the irony is that we've all grown up with a particular complex of perfectionism, but it is unattainable because there is no specific definition of, or way to be, "perfect". Perfectionism lies in the eye of the beholder.

We shouldn't compare our insides to someone else's outsides; but as humans, we want to feel validated and so we share our lives on the internet to determine our worth by the number of likes, saves and views we receive from people who we don't really know and who probably couldn't care less. We orchestrate photos and videos of ourselves to gain people's approval, when our posting should come from a place of security.

Rating our worth on the popularity of social media posts breeds toxicity because it highlights to users what society likes and what society disapproves of. Seeing something with a negative response that you associate yourself with hinders our self-expression. We're multifaceted people yet we bury parts of ourselves to make us more "desirable" and "acceptable" for today's society.

Social media sites like Instagram allow you to create SPAM accounts; these are private accounts where users post all sorts of content, from embarrassing childhood photos to drunken nights out on the town. People are able to be the real them, but the multiple accounts someone has just proves the difficulty of confidence and secure self-expression in society.

SPAM accounts tend to have the owner control who follows it, which implies that they're only comfortable being true to themselves around certain people. Whilst some have multiple social media accounts for reasons such as business, the idea of using each account for different content demonstrates that the current generation have multiple versions of themselves.

The online version of ourselves is the epitome of "living our best life"; what we showcase on social media is how we wish we could be all the time without stress and worry, it's not how we actually are. We share with the world our life's highlight reel to earn society's approval. Unfortunately, when some are posting their best bits, others can't relate and desire the "constant" happiness they see broadcasted on socials.

It doesn't matter whether or not you were bawling your eyes out just moments before you post, followers will only see the life portrayed and it's in our nature to compare ourselves with others, so many can end up feeling small. There is enough in society that can make us feel small and down about ourselves, and with the world of the internet being a two-dimensional place that nurtures vanity and insecurity, we should use social media for good, and not troll or criticise those who are different to us.

It is empowering when people are confident and unashamed of who they are and what they like. Being able to walk down the street, proud of yourself, is something everyone should aspire to do.

The world today has changed and evolved in ways that are both good and bad. Everything is available online at the click of a button, and whilst it heightens insecurity and can make people feel ashamed of who they are, social media does have the power to improve self-expression. It enables much-needed conversations about issues of society, much like the MeToo and Black Lives Matter movements, and it can be highly effective when utilised in the right way; social media can be used as a platform for your soul. We can express ourselves in honest tweets or quick TikTok videos, but we have to take everything we see with a pinch of salt.

Society creates criticism and pressure. We can express ourselves but we need to be prepared to face backlash for being the real us and owning who we are. Goodness elicits goodness and negativity elicits negativity; people will love you or hate you and we live in a world where we have the opportunity to have our own opinions but sometimes society can narrow what is acceptable and this is detrimental to our identities.

Everything and everyone is exposed to the eyes of others and for today's generation, owning who they are is incredibly difficult and a challenge that not only them, but society as a whole, needs to learn to overcome. We need to cultivate a culture of acceptance and confidence about self-expression.

Beware of the Scare... Top 5 Horror Movies for October:

By Abby Bathurst

You feel like you're being watched. A shiver runs down your spine. A floorboard creaks in the distance.

Spooky season is officially here and that can only mean one thing...Halloween is only a few weeks away. Fancy dress parties and trick-or-treating are classic Halloween activities, but nothing can beat a night in being scared silly, watching a horror movie – or rather listening behind a pillow!

Throughout time, there have been numerous horror films of all different kinds that successfully scare those brave enough to watch. The villains are notorious, their names feared, and yet we still decide to scare ourselves – after all, adrenaline is addictive. Classic horrors include the Saw franchise, The Purge series, Halloween and Stanley Kubrick's The Shining. Jump scares and gore are always guaranteed in these movies, but there are some classic spooky season specials that are more family-friendly: Hocus Pocus, The Nightmare Before Christmas and The Haunted Mansion.

The above movies are ones that come to mind whenever people think of horror films, so instead of making a list with the common horrors, I've got a list of horror films you may not have watched yet.

So, grab your popcorn, hide behind your pillow and get ready to scream in fear.

Escape Room

Escape Room was released in 2017 and its sequel, Escape Room: Tournament of Champions, came out this year. Having only seen the first movie, I can't comment on the second, but I can say that Escape Room was so good. It's not a typical horror with a villain who wears a mask and personally scares their victims. No. This film tells the story of six complete strangers being invited to take part in an escape room. But what they don't know is that unless you solve each deadly room, you might not make it out alive.

Suspenseful, nail-biting and thrilling. These are just some words to describe Escape Room. The acting is incredible and the plot is expertly designed yet a bit insane. As a lover of escape rooms, this film intrigued me and it did not disappoint. It was scary and full of tension. If you like films with a complex plot, lots of suspense and edge-of-your-seat reactions, this is film is for you.

But beware, you might not look at escape rooms the same again.

There's Someone Inside Your House

This 2021 film pays tribute to classic slasher movies, and is, in my opinion, Gossip Girl turned horror. With this disguised killer on the loose, students of Osbourne high school are having all their secrets revealed for everyone to see.

A killer dressed in black, wearing a mask that mirrors his victims faces; severe scares and gruesome gore with bloodied knives and slashed bodies. There's Someone Inside Your House has excellent horror scenes interspersed throughout slower snippets of the characters, where you get to know them as individuals. The slashing, the masks and the creep factor alone will make you quiver with fear and pray that when you go to bed, all your doors stay locked. If you fancy There's Someone Inside Your House, make sure you're not alone.

Truth or Dare

Lucy Hale and Tyler Posey star in this thrilling horror about the infamous game, Truth or Dare, that takes a sinister turn. When their tricked into playing, friends turn into foe as they soon learn that those who fail to complete the dare or tell the truth... die.

Playing truth or dare can be scary enough, but with the stakes raised, it's even more terrifying – especially with the contorted faces of the victims. The someone – or something – killing the players is enough to have you hiding behind a cushion. In a film where loyalties are tested and friendships are strained, honesty and bravery are the only ways forward. If you like twisted games, mysterious forces and deaths that make you cringe and look away, then this is for you.

The Cabin in the Woods

A horror movie with Chris Hemsworth and Jesse Williams. What more could you want? When six friends take a vacation to a remote cabin in the woods, they expect peace and fun. But their time there is anything but. They get more than they bargained for when the horrifying truth of the woods reveals itself.

Jump scares, spooky scenes and gore. These three things sum up this film, making it the perfect film for a horror movie night in. Written by Drew Goddard and Joss Whedon, who brought you Buffy the Vampire Slayer, The Cabin in the Woods is sure to make you feel the fear and scream. Literally!

The Shallows

A horror film with Blake Lively? Yes please.

The Shallows is more of a thriller than a horror but it does definitely have lots of tension, suspense, and gore. It tells the story of Nancy, a surfer who gets stuck 200 yards from shore when a great white shark ventures from the depths of the ocean into the shallows, blocking her only route to shore.

Fighting for her life against nature, it's a test of will and self-perseverance. The only way to safety is to jump into the danger, straight into the shark's home. With violence, suspense, and nail-biting excitement, The Shallows takes you on a journey of fear and survival. If you watch the movie, beware the next time you're in the sea.

With multiple streaming services like Netflix and Amazon Prime, there's a plethora of horror movies waiting to be watched. So, this spooky season if you feel like being scared and watching something a little less common, take your pick from the five movies above.

Just remember...beware of the scare.

MY LIFE OUTSIDE OF WORK

SPENDING TIME WITH FRIENDS AND FAMILY



MAKING MEMORIES



WATCHING TV AND MOVIES



READING



BAKING



CRAFTING

