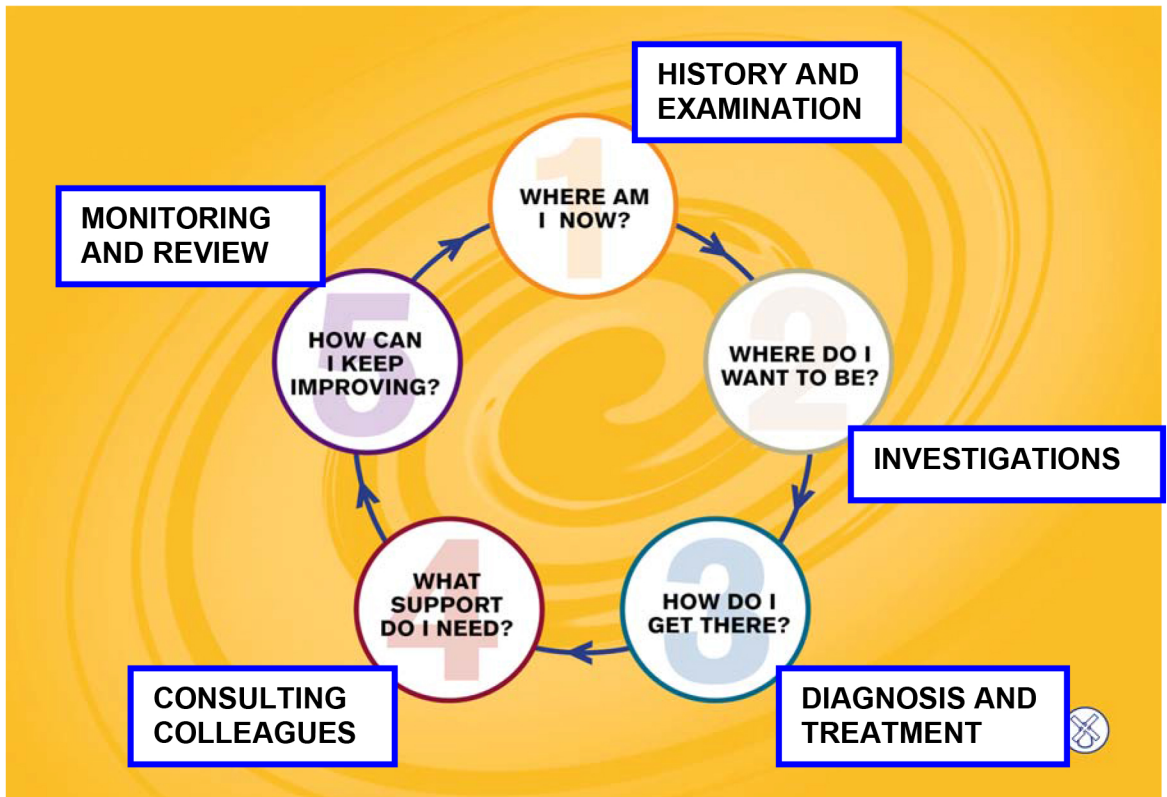


# Career management cycle and its application to the medical model



## 1. Where am I now? (HISTORY AND EXAMINATION)

Self assessment and building an awareness of your skills, motivations and values that will inform your career. *You can liken this to doing a history and examination of a patient?*

## 2. Where do I want to be? (INVESTIGATIONS)

Doing your research and looking at the pros and cons of potential career choices as well as how this fits with what you want from your work and life. *This is like doing your investigations about your patient's situation?*

## 3. How do I get there? (DIAGNOSIS AND TREATMENT)

CVs, applications and different elements of the selection process. Setting short, medium and long term goals, how to turn your plans into action and strategies for making informed career decisions. Many people naturally 'jump' to this stage in the career cycle. *However, if your history and examinations aren't carried out thoroughly, your diagnosis may be wrong and therefore your treatment options will be ineffective?* Therefore, your applications, CVs, interview /selection centre performance and career decisions and actions are going to be much more robust and informed if you've invested sufficient time in stages 1 and 2 first

## 4. What support do I need? (CONSULTING COLLEAGUES)

People, additional support and resources which can help you further with your career planning and development. Who do you need to link with/talk to? What organisations can help? *This can be just like consulting colleagues and gaining further information/insights over a patient?*

## 5. How can I keep improving? (MONITORING AND REVIEW)

Reviewing your career progress and identifying and managing personal barriers to career development. Career development is a bit like learning – it never stops and you will be continually reviewing and monitoring this throughout your working life. *This is just like the continual monitoring review you might do for your patient?*