

Informing Your Career Choices

A specially designed confidential workshop for trainees in the East Midlands. Designed to help you work out where you want to be & how to get there!

Who is this workshop for?

- * Trainees where health or personal circumstances may be affecting progression
- * Doctors considering a career outside medicine
- * Doctors in training in the East Midlands

What can you expect?

- * Small group
- * Structured methods for career exploration
- * Discussion with peers in similar situations
- * Confidence building strategies
- * Space & time to think about what you really want from your career
- * Leave with a clear action plan & offer of further support

Dates/Times

The workshop is a full day, 9.30am-4.30pm

Workshop dates will be published on our website.

Previous workshop topics have included:

- * Skills analysis
- * Managing Change
- * Future planning
- * Work/life balance
- * Values
- * Taking Control

FEEDBACK

"Very insightful, thought provoking and challenged me to think about my future career"

"Motivated me to think about my career progression and to achieve my goals"

