

## East Midlands F1 Career Workshops 2021

### Booking Links

Monday 15 February	<a href="https://www.eventbrite.co.uk/e/133075029997">https://www.eventbrite.co.uk/e/133075029997</a>
Wednesday 17 February	<a href="https://www.eventbrite.co.uk/e/133208535315">https://www.eventbrite.co.uk/e/133208535315</a>
Thursday 18 February	<a href="https://www.eventbrite.co.uk/e/133209036815">https://www.eventbrite.co.uk/e/133209036815</a>
Friday 19 February	<a href="https://www.eventbrite.co.uk/e/133065511527">https://www.eventbrite.co.uk/e/133065511527</a>
Monday 22 February	<a href="https://www.eventbrite.co.uk/e/133209546339">https://www.eventbrite.co.uk/e/133209546339</a>
Tuesday 23 February	<a href="https://www.eventbrite.co.uk/e/133209684753">https://www.eventbrite.co.uk/e/133209684753</a>
Thursday 25 February	<a href="https://www.eventbrite.co.uk/e/133069511491">https://www.eventbrite.co.uk/e/133069511491</a>
Friday 26 February	<a href="https://www.eventbrite.co.uk/e/133210108019">https://www.eventbrite.co.uk/e/133210108019</a>
Wednesday 3 March	<a href="https://www.eventbrite.co.uk/e/133210144127">https://www.eventbrite.co.uk/e/133210144127</a>
Friday 5 March	<a href="https://www.eventbrite.co.uk/e/133067046117">https://www.eventbrite.co.uk/e/133067046117</a>
Monday 8 March	<a href="https://www.eventbrite.co.uk/e/133210274517">https://www.eventbrite.co.uk/e/133210274517</a>
Thursday 11 March	<a href="https://www.eventbrite.co.uk/e/133210358769">https://www.eventbrite.co.uk/e/133210358769</a>
Monday 15 March	<a href="https://www.eventbrite.co.uk/e/133211448027">https://www.eventbrite.co.uk/e/133211448027</a>
Friday 19 March	<a href="https://www.eventbrite.co.uk/e/133068163459">https://www.eventbrite.co.uk/e/133068163459</a>
Monday 22 March	<a href="https://www.eventbrite.co.uk/e/133068745199">https://www.eventbrite.co.uk/e/133068745199</a>
Thursday 25 March	<a href="https://www.eventbrite.co.uk/e/133211584435">https://www.eventbrite.co.uk/e/133211584435</a>
Wednesday 31 March	<a href="https://www.eventbrite.co.uk/e/133068895649">https://www.eventbrite.co.uk/e/133068895649</a>
Friday 9 April	<a href="https://www.eventbrite.co.uk/e/133211752939">https://www.eventbrite.co.uk/e/133211752939</a>
Thursday 15 April	<a href="https://www.eventbrite.co.uk/e/133211853239">https://www.eventbrite.co.uk/e/133211853239</a>
Thursday 22 April	<a href="https://www.eventbrite.co.uk/e/133211885335">https://www.eventbrite.co.uk/e/133211885335</a>
Thursday 29 April	<a href="https://www.eventbrite.co.uk/e/133211939497">https://www.eventbrite.co.uk/e/133211939497</a>
Friday 7 May	<a href="https://www.eventbrite.co.uk/e/133212222343">https://www.eventbrite.co.uk/e/133212222343</a>
Monday 10 May	<a href="https://www.eventbrite.co.uk/e/133212268481">https://www.eventbrite.co.uk/e/133212268481</a>
Monday 17 May	<a href="https://www.eventbrite.co.uk/e/133212667675">https://www.eventbrite.co.uk/e/133212667675</a>
Monday 24 May	<a href="https://www.eventbrite.co.uk/e/133212814113">https://www.eventbrite.co.uk/e/133212814113</a>

### Careers Workshop - Your Career, Your Life, Your Direction! – Various dates available February-May 2021

Please note this workshop will take place online via Zoom. The Zoom link will be included in the registration email you receive from eventbrite after signing up for the event. You will also receive the Zoom link in a reminder email approximately 1 week before the workshop date and the day before the workshop (or on a Friday if the workshop is on a Monday).

Please read the following information carefully as it will answer many common questions we routinely get asked.

A **free** workshop for F1 Doctors across the East Midlands to consider your career options post-foundation and beyond!

**This is a participative workshop. You will need to connect with a webcam/mic so you can participate in small group tasks and discussions.**

## Where, when and how?

**Where?** This is an online workshop delivered via Zoom, you will receive the Zoom link in the registration email you receive from eventbrite after signing up for the event, with the same link being sent out approximately a week before and a day before the workshop (or on a Friday if the workshop is on a Monday).

**When? 9:30AM - 4:00PM - Various dates available February-May 2021**

The workshop starts at 9:30AM prompt, we open the Zoom room at 9:15 if you want to join early to set up and test your camera/mic, etc. The workshop finishes no later than 4PM. The last section of the workshop is for self-directed learning during which time you do not need to remain in the zoom meeting.

**How?** Book now to be sure of a place - click the links above then hit the "register" button and complete the quick and easy booking form.

## FAQs

**How do I get time off to attend?** The foundation school have confirmed that you should use your F2 Study Leave entitlement to attend this mandatory F1 workshop. Please ensure you book study leave separately on Intrepid Leave Manager. (And if you encounter any problems with Intrepid, please contact [CSL.em@hee.nhs.uk](mailto:CSL.em@hee.nhs.uk) or by phone on 0300 303 3603).

**What if I need to cancel or re-arrange my booked date?** Simply cancel your booked date using 'Cancel Order' in Eventbrite or by e-mailing us at [workshops@career-skills.co.uk](mailto:workshops@career-skills.co.uk). You can then register on another date. Please do so in a timely manner so that the place can be offered to another trainee as many courses will be fully subscribed.

**Will I receive a certificate of attendance?** Yes, everyone attending will receive a PDF certificate of attendance.

**How can I contact the organiser with any questions?** If you have any queries about the workshop please email us at: [workshops@career-skills.co.uk](mailto:workshops@career-skills.co.uk)

## Is there a programme?

The programme covers 4 main important topic areas:

### Section 1

- How are you managing your career? Understanding career planning & what is involved
- Exploring values in relation to career decisions, work and life; importance of the NHS values to applications and interviews

Break

### Section 2

- Identifying your skills, strengths and development needs
- Linking skills to person specifications
- Building examples and backing up with evidence

Lunch

### Section 3

- Medical labour market - facts and figures
- Competition ratios and overview of the specialty training application process
- Career destinations of Foundation trainees
- F3 and other alternative options to specialty training

Afternoon break

## Section 4

- CVs - What makes an effective CV? What to include and how to present it
- Portfolios - Understanding Specialty Application Portfolios
- Portfolios - What to include, what to avoid, what specialties are looking for
- Action Planning - Identifying short, medium and long-term career goals and creating individual action plans
- Evaluation

The final hour or so of the workshop will be self-directed learning, we provide a number of activities you may wish to start (or continue) during this time, such as the Career Skills Health Check, Values worksheets and reflecting on examples that may be useful for applications/interviews/portfolio, completing the skills analysis and considering examples/evidence, download specialty or F3 person specifications and identify your examples/evidence for their requirements, start/update your CV, identify evidence and documentation for portfolio, read specialty-specific portfolio guidance to identify required content/evidence, etc.