

SuppoRTT Careers Coaching Clinic

What is it?

The SuppoRTT Careers Clinic provides pre-bookable 60-90 min appointments to review your career and explore your career plan in light of your time out of training. Sessions are bespoke and can include coaching, a psychometric tool, a careers diagnostic tool, 360 appraisal and feedback as necessary. These are confidential and independent from your School and educational supervision. Sessions can be stand-alone, or a series. They provide protected time to consider your career path.

They are free of charge and delivered by a trained coach, with extensive experience in careers coaching, use of psychometrics and delivery of 360 feedback.

Why might it be of use?

For some people their time out of training is planned, appropriate to training and goes well, e.g. pursuing a fellowship, an MD or PhD. For others it is unplanned, creates challenges to pursuing training and does not go well, e.g. for those dealing with illness, bereavement, or unforeseen caring responsibilities. For others still, it is not marked by particular success or challenge, but simply heralds a change in personal circumstances.

Time spent pausing to reappraise one's career and identify the best way forward is important and necessary at various points throughout one's career but particularly after a time of change. This investment in your time can be valuable in terms of clearer direction and ultimately job satisfaction.

Who is it aimed at?

The majority of trainees access careers advice and mentorship via their Educational Supervisor, Training Programme Director, Head of School or personal network of colleagues. Others require support independent from their training scheme and this is provided via the Coaching Scheme. For those returning from a period out of training an even more substantial careers enquiry session may be valuable. Events such as an OOPE, a significant illness episode, new caring responsibilities or maternity leave are for some transformative and may prompt a re-evaluation of career aims and aspirations. For some returning from an extended period in academia may prompt a re-evaluation of career direction and opportunity.

If you have ever thought:

- Am I in the right specialty/sub-specialty?
- Do I still want to be a doctor?
- How can I make this work with my other commitments in life?
- I've discovered I'm more interested in xxx than yyy and don't know what I should do

then a Careers Clinic session might be for you.

What do I need to do?

Once you have booked your session via Maxcourse please contact Susy Stirling at susystirling@gmail.com to arrange a preparatory phone call. This helps identify whether anything else (psychometric tools, a 360, a careers questionnaire) might be of use to you prior to your careers coaching session.