

# SupportTT Champion

Sheffield Children's NHS Foundation Trust

**Karen Griffin**

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I am a general medical paediatric consultant working at Sheffield Children's Hospital. I have an interest in safeguarding and child and adolescent mental health.

I am a clinical and educational supervisor and have more recently become involved in staff wellbeing within our trust. I enjoy teaching, mentoring and spending time with trainees.

I have had time outside of training myself for parental leave, research and OoPE in healthcare leadership. I recognise the challenges of moving into and out of clinical practice and am keen to ensure that trainees have everything in place to thrive as they progress through their career, whatever shape or form it takes.