

Careers

Autumn 2022, Issue 9



Meet the Team

- Reminders/ Upcoming Training and Development sessions

Page 2

Careers Today

- Finance and Mental Health
- Postcard from future me
- Pressures of trying to choose the right career

Page 2-5

The Team

Dr Shirley Remington Deputy Dean, Dr Fiona Clarke Associate Dean, Shah Rahman Senior Careers Adviser

Reminders

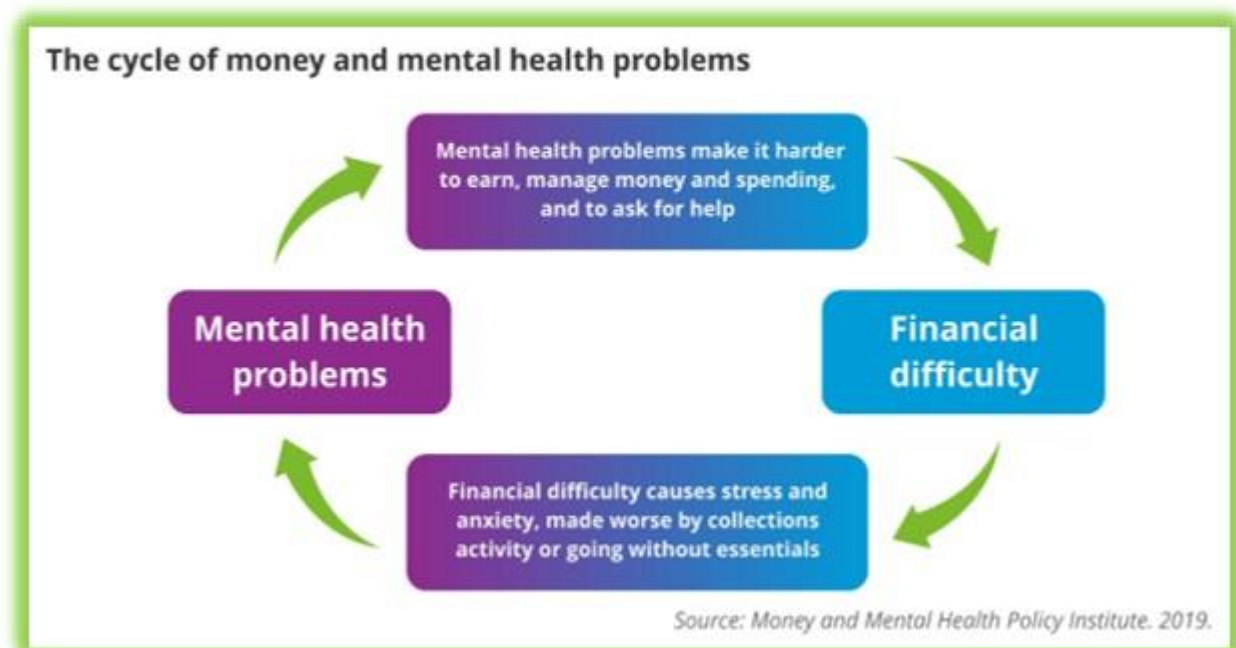
- F1 trainees: Self-Assessment need to be completed now and work to develop a personal development Plan (PDP)
- F2 trainees should be introduced to website for competition ratios, person specifications etc. They should also be looking at the applicant's handbook and all the details of the process of recruitment. Introductions should also be made to the Oriel system and MSRA preparation should start now.

Upcoming Training and Development Sessions

- [Negotiations](#) and Networking 22/09/22 at the Novotel, Manchester
- Self-[Awareness](#) Masterclass 10/11/22 at the Park Royal, Warrington
- [Careers](#) Masterclass 19/01/2021 Pentahotel, Warrington

Finance & Mental Health

It is difficult to avoid hearing and reading about the current cost of living crisis which can obviously impact negatively on mental health.





However, if the increase in cost of living is affecting you, there is support available to help manage issues you may be currently having or help to plan and reduce the impact in the future.

If you are finding yourself in significant financial difficulty, please seek support and advice from a specialist, qualified, professional source.

Mental Health & Money Advice...

Mental Health and Money Advice is the first UK-wide online advice service designed to help you understand, manage and improve your financial and mental health.

The site is full of clear, practical, advice, support, tips and resources if you are experiencing issues with mental health & money

Where to find further support...

- Use the **Money Helper website** it includes tools for tracking your spending, saving money and getting help while you're working
- Read tips about managing money from the **Money Saving Expert**
- Speak to someone from **Citizens Advice**. You can get free advice on your rights around money, housing and legal problems.
- **Click** to access a Money Saving Expert Mental Health & Debt booklet with tips and contact details included
- Find a **foodbank** near you
- The **Mental Health and Money Advice** website has **guides on claiming benefits** when you have a mental health problem
- Get help with accessing benefits and grants from **Turn2Us**

Further reading...

Mind - **Practical tips on managing money & improving mental health**

Happiful - **Cost of living crisis: how to protect your money and mental health**

The Lead Employer for the NW can also support with Information and Advice

St Helens & Knowsley Teaching Hospitals NHS Trust

Website: <https://leademployer.sthk.nhs.uk>

General e-mail enquiries: lead.employer@sthk.nhs.uk

Postcard from future me

Postcard from future me is a technique that I have used for many years with great success. A combined session with Dr Clarke prompted me to put it into a useable tool that I could share with you all.



It's very much a visualising technique that is used in hypnosis/coaching and counselling.

It is a technique that I don't really plan on at the offset of a guidance session but something that I turn to during the session as a reaction to the client's dilemma. If I was to prescribe it, it would be when a trainee is stuck unable to describe their situation, decide or if they are struggling to motivate themselves. Some trainees may need access to such a tool at ST2 due to the nature of where they are with their training at that point.

So, how do we use the tool? You don't need to give them a postcard to write on, some scrap paper will suffice. What you ask them to do is to imagine. Imagine that they are now a well-established consultant, let them sit with that for a good moment and then ask them to write a postcard to their younger self which is them in their current situation. Once they are in that mindset which can be difficult at first for some so don't try and force them to get their mentally. The next steps usually the task orientated part of it, let's those that struggle with visualising just do.

You then need to ask them to share with their younger self some wisdoms. I usually start off with: *What they know now that they wish they knew back then.*

The following prompts can be helpful:

- *What they shouldn't worry about.*
- *Where they should focus their efforts.*
- *How it feels to be a consultant now.*

The questions above are not an extensive list and I'm sure you can think of many more. Just try and prompt them with questions that make them reflect.

Remember we just need to provide the conditions for them to find the answers themselves, not save them and give them quick solutions. We all know ourselves better than we think we do and when were stuck it's easier to get the answers from someone else. However, the answers to our problems are not a solution to everyone's problem however similar they maybe. Let them work for those answers they will learn more from it.

Oh, just to clarify on the choice of image. I was fundraising for the floods in Bangladesh at the time and I saw this image and well

The pressures of getting into the right Career

If you're having a hard time figuring out what you want to do after completing the foundation programme, you're not alone. Hundreds of trainees each year are struggling with the same problem. But why?

Whether you have just completed the foundation programme or are an F3 or beyond, the thought of choosing one career can be extremely overwhelming.



If you think your first job path is the be-all end-all of your career, it's going to be very hard to settle in on a career path.

Staying in the same company for 20 years used to be a goal. However, times are changing and, thankfully, there isn't as much pressure to stay at the same place for decades. In fact, going through four job changes before retiring is becoming a more commonplace.

Choosing a career path isn't easy and, like most things in life, chances are you won't completely nail it the first time. But if you go into your first role thinking, "this is it, this is what I'm going to be doing for the rest of my life," you're going to feel trapped, which will stunt your career growth.

So, take a little pressure off, of yourself. Your first rotation, taster or career path might not be the right one or only a partial way to where you want to be, and that's okay. The important thing is to explore and give your career a chance. If you continue to focus on the ideal situation, you're going to hurt your chances of learning about who you are and what you really want. So, my advice for you and me is to fully experience every opportunity that comes our way with an open mind and heart that allows ourselves to experience and learn.

Be more than you were a moment ago

Contact

We hope you have found this useful. We are happy for you to contact us via email if you have any queries or if you want to suggest topics you would like us to cover in future issues.

Information and details of how to book on to the events organised by the HEE NW Careers Team can be found at: https://www.nwpgmd.nhs.uk/careers_advice/career_events_and_workshops

Shah.rahman@hee.nhs.uk