

The background features a series of concentric, overlapping circles in light grey and white, some solid and some dashed, creating a sense of depth and movement. A large, solid blue speech bubble is centered on the page, containing the main text.

Getting the best from yourself: optimising the enjoyment of your career

Dr. Rebecca Farrington

The background features several concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of motion or reflection. A large, solid blue speech bubble shape is positioned on the left side, containing the text 'Reflect on'.

Reflect on

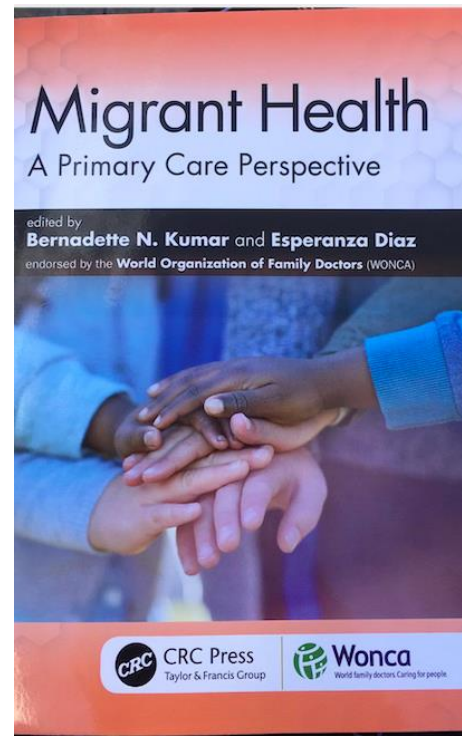
- **Your current enjoyment of your career**
- **Your aspirations for transformation of what you do**
- **Ways you have managed change successfully**

MANCHESTER
1824

The University of Manchester



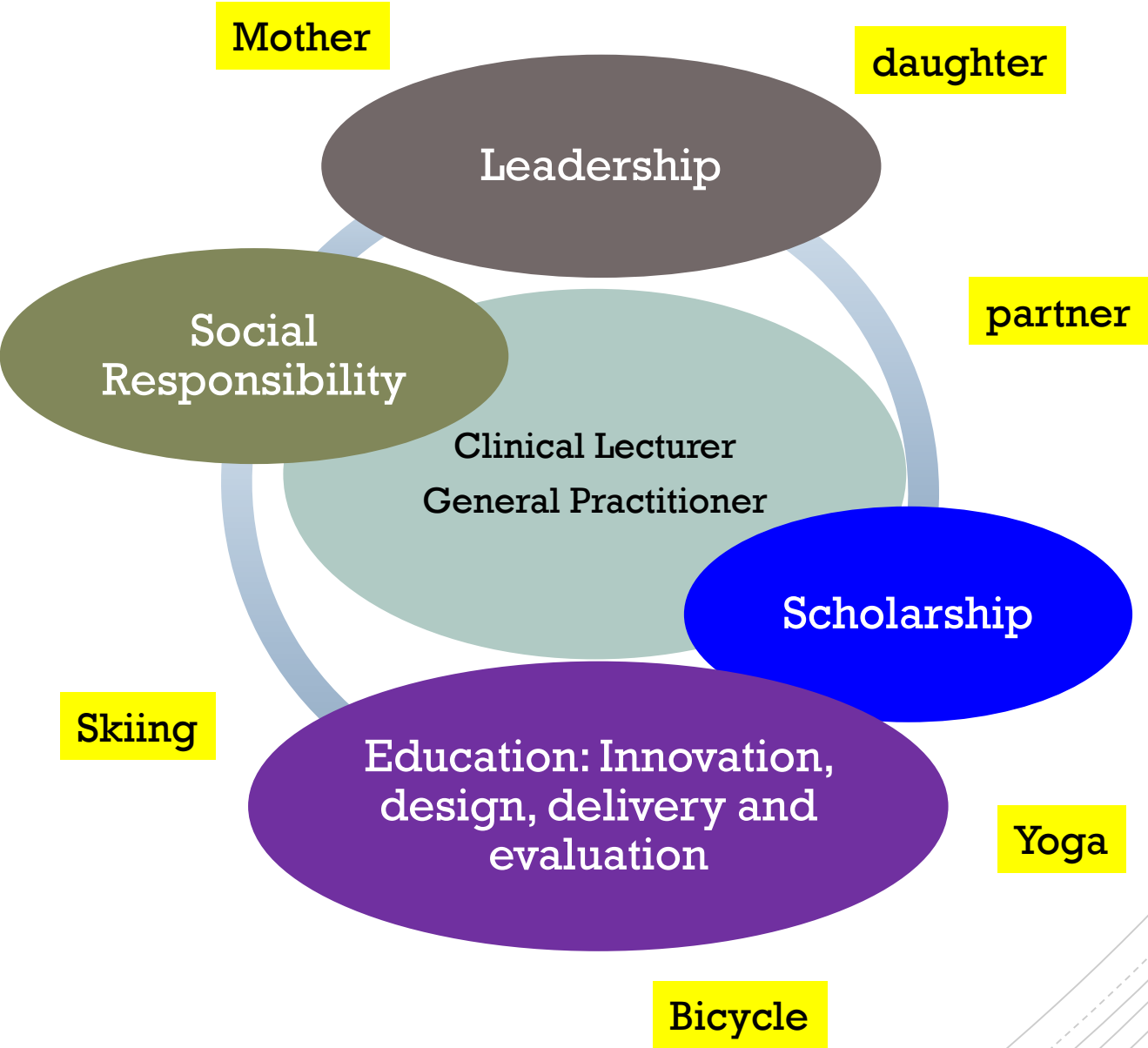
Know
who you are



Introductions

- **Ground rules**

Personal and professional identities



How did that happen?

- Influenced by medical student elective
- Disillusioned with work in the UK as junior doctor
- Travel bug
- GP trained before VTS schemes and training numbers

- Found joy in teaching
- Worked out I could write
- Realised that treating patients wasn't enough
- Found the voluntary sector is full of amazing people

Write down 3
things that
'give you a buzz'



Portfolio career: pros and cons

- **Non-negotiables?**
- **Nice, but not essential?**
- **Constraints?**

- **Synergy between roles**
- **Competing demands**

Imposter Syndrome

I STILL CAN'T
BELIEVE THEY'RE
LETTING ME
DO THIS!

THEY'RE
TOTALLY
ON TO ME

IT'S ONLY A
MATTER OF TIME
TILL THEY FIND ME OUT.



Help!

- **Who is going to support you?**
- **What do you need them to do?**

What has
worked in the
past?

**Look after yourself
and your family**

- Have genuine interest and passion
- Don't be afraid to change your mind
- Take up new interests, try new stuff
- Go at your own pace, enjoy the journey
- Communicate
- Find like-minded people – peers and mentors
- Nurture new talent

Applying for new roles

- **Read the specification:**
write your CV accordingly
- **Do your research**
- **Speak to people doing the role – be visible**
- **Think what you would ask as the interviewer**
- **If the role doesn't exist:**
invent it and work up a pitch



Opportunities

- **Writing**
 - Articles, opinion pieces, blogs, posters, presentations
- **Education**
 - Learning
 - Formal and informal teaching
 - Classroom teaching, CPS roles, ACFs
- **Activism**
 - MedAct,
 - Docs not Cops
 - Freedom From Torture

A decorative background featuring several curved lines in shades of grey and blue. A prominent blue speech bubble shape is positioned on the left side, containing the text 'Important stuff for me'.

Important stuff for me

- Making my job work for me
- Forging a path, even if route less trodden
- Keeping a sense of who I am
- 'Comfortable' challenge
- The people around me

- Advocacy for vulnerable groups

