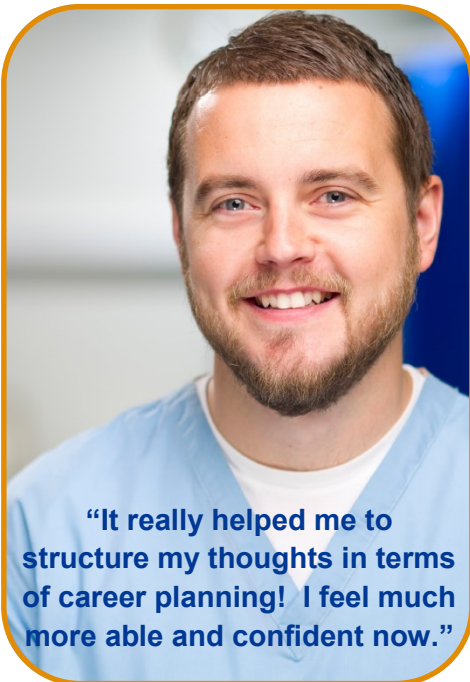


# Your Career, Your Life, Your Direction

A free workshop for Foundation Year 1 Doctors



## What can you expect on the day?

- Activities which will get you thinking about...
  - \* Your skills, strengths and weaknesses
  - \* What you want from a job
  - \* What you can be doing now to get where you want to be
- A workbook packed full with advice, resources and tools to help
- Strategies to aid decision making
- Practical tools to help produce an action plan
- An interactive and fun day with lots of opportunities to learn from each other

## Our Promise to you

- We can signpost you to relevant resources which will provide you with more in-depth specialty specific information.
- You will be better placed to make your own career decisions

## Where, when and how

Your Trust is hosting a workshop. It's a full day from 9:15am till 4:30pm in your Clinical Education Centre. Please see booking details below:

This programme is **free** to all East Midlands Foundation Year 1 Doctors;  
Please remember to book your study leave well in advance.

## Book now to be sure of a place!

Book online via the Course Manager Booking System  
(Foundation Careers Workshop—Your Career, Your Life, Your Direction)

**98% of trainees found last year's course very useful**