

# One to One Career Support Careers Team

## What support can we provide?

- Access to web based resources
- Workshops for trainees
- **One to one career coaching sessions**



## How can we help?

- Facilitating self-understanding & awareness.
- Helping to examine what you want from your career & life.
- Consideration of your options & exploration of new perspectives.
- Constructive challenge & reality checking.
- Help with decision making, goal setting & clarifying actions.
- Offering interview practice, feedback on CVs & applications.
- Signposting to other specialty & non-specialty specific resources, people & support.
- Understanding the skills required to plan & manage your career effectively

If you would like to find out more about how we may be able to support you, please get in touch:

**[careers.EM@hee.nhs.uk](mailto:careers.EM@hee.nhs.uk)**

Tel: 0115 8233367

Or visit the website & see Trainees & Trainers—Careers:

[www.eastmidlandsdeanery.nhs.uk](http://www.eastmidlandsdeanery.nhs.uk)

*"I found the sessions extremely useful; gave me lots to think about and came away with clear actions"*