

## User Guidance - Careers Champions Scheme

The Careers Champions scheme puts individuals wishing to develop their career in contact with more senior colleagues across specialties. Champions can provide unique and valuable insights into working life in their specialty, and are happy to discuss these with you.

### **What is a Careers Champion?**

Careers champions are people who have an interest in providing careers information and advice. They can provide real-life, on-the-ground information about their working life, specialty specific information and recruitment experience. Conversations are intended to be informal, and careers champions will draw on their own career development experiences to provide information and advice. They can provide an additional context within which to base your career decisions. We have asked each champion to indicate if they have ever

- Worked less than full time (LTFT)
- Taken a Career Break
- Taken time out of programme (OOP)
- Worked abroad

All East Midlands trainees can contact anyone on the list, it doesn't have to be in the Specialty you are in or looking to work in. For example if you were considering working abroad for a bit then you could contact Champions who have indicated they also did this to ask for their experiences.

### **How does it work?**

1. The list of Careers Champions is available on the VLE  
<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1032#section-7>
2. Think of some questions.
3. Contact your chosen careers champion using the contact details provided.

### **What sort of questions?**

There are lots of questions you might want to ask a Careers Champion. We've included some below to get you started. The more specific the question, the better the quality of answer you're likely to get.

- What is an average day in your job like;
- Is there a lot of variety in the work;
- Are there particular ethical issues you have to deal with;
- What systems, diseases and patients do you find yourself working with;
- What kind of relationships do doctors in your specialty have with their patients;
- What other teams do you work with;
- How competitive is your specialty;
- How long does training typically last;
- Will my academic qualifications and experience enable me to realistically compete;
- Is your specialty likely to change substantially in the next few years;
- Which research questions are currently being studied;
- How might on-going technological advances impact on your field;

- What is the best thing about your specialty;
- What is the worst thing about your specialty;
- What is your work/life balance like;
- Is it easy to work less than full time (LTFT);
- What is it like to work in your trust;
- How easy is it to diversify within your specialty;
- What do you feel were the benefits of taking a break/working abroad;

**Where else can I get more information on careers?**

The **East Midlands Careers Team** are here to help, visit our website

<https://www.eastmidlandsdeanery.nhs.uk/page.php?id=1540>

The **Health Careers website** <https://www.healthcareers.nhs.uk/>

The website contains a wealth of resources on career planning. It provides information on more than 350 roles in health, video and written case studies. There is an extensive section specifically for doctors. If you register on the site you can also get access to interactive tools to help you assess your wants and needs in a careers context, and advice on how to apply the results to your career plans.

**Health Education England – East Midlands Website** <https://www.eastmidlandsdeanery.nhs.uk/>

highlights some of the opportunities available in the East Midlands. Information about specialties, recruitment, as well as advice on aspects of training such as LTFT, OOP etc.

**Health Education England in the East Midlands & Foundation School e-modules**

‘The Essential Guide to Applications and Interviews’ 2016-17. This is available FREE to anyone with a valid East Midlands Virtual Learning Environment (VLE) login. Contents include: career planning essentials, CVs, applications and portfolios, application process and timeline, competition ratios and simulated practice videos. <http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1032>. Users need a Moodle account to access the modules: [HEEM.Moodle@nhs.net](mailto:HEEM.Moodle@nhs.net).