

Educational Supervisor Guidance - Careers Champions

What is a Careers Champion?

Careers Champions are trainees who have an interest in providing careers information and/or advice. They will be part of a training programme in the East Midlands and be **at least** ST1 or CT1. Careers Champions can provide real-life information and advice about their specialty. Conversations are intended to be informal and Careers Champions will draw on their own career development experiences to provide information and advice. Champions are also asked if they work LTFT, have been OOP, worked abroad or taken a career break. Trainees looking to take these career opportunities are able to access these Champions for advice regardless of specialty.

What is the scheme and who is it for?

The scheme is an opportunity for those wishing to develop their career in a specific area to have informal discussions with more experienced trainees. The scheme will provide an opportunity for Champions to support and help junior trainees and share their experiences and perspectives on a particular specialty or aspect of training. *Please note that this is not a mentoring scheme, nor is it careers guidance.*

How do I signpost a trainee to a Careers Champion?

A full list of current Careers Champions, their specialties and contact details are available and can be found on the VLE;

<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1032#section-7> .

The list can be filtered by specialty or by other experiences e.g. OOP.

When should I signpost a trainee to a Careers Champion?

If a trainee is unsure about a specific specialty, LTFT training, OOP, working abroad or career breaks and you are unable to answer the questions yourself; the Careers Champions are a good resource to signpost. These are trainees that have recently been through the recruitment processes and are able to provide advice, information and a first-hand account of their experiences.