

Informing Your Career Choices

A specially designed confidential workshop for trainees in the Midlands & East Region

Designed to help you work out where you want to be & how to get there!

Who is this workshop for?

- ◆ Trainees where health or personal circumstances may be affecting progression
- ◆ Doctors considering a career outside medicine
- ◆ Doctors in training in the Midlands & East Region

9.30am — 4.30pm

Date & Location:

28 January 2019 – Leicester

25 February 2019 — Birmingham

11 March 2019 — Cambridge

To enquire if this workshop is right for you, please complete the online booking form and Careers will be in touch



What can you expect?

- ◆ Small group
- ◆ Structured methods for career exploration
- ◆ Discussion with peers in similar situations
- ◆ Confidence building strategies
- ◆ Space & time to think about what you really want from your career
- ◆ Leave with a clear action plan

Previous workshop topics have included:

- ◆ Skills analysis
- ◆ Managing Change
- ◆ Future planning
- ◆ Work/life balance
- ◆ Values
- ◆ Taking Control