

London School of Anaesthesia Personal and Professional Effectiveness - Managing Your Career

Summary of workshop

Our workshop on Personal and Professional Effectiveness will equip participants with practical tools to manage their career effectively. Led by experienced NHS doctors, this course is designed to help participants assess their work values, evaluate career options, and develop a career action plan.

What will be covered?

During this one-day workshop, participants will have the opportunity to:

- Complete self-assessment exercises to evaluate your work values, achievements, skills and interests, stresses, and strains, and role models
- Explore career options using the ROADS model (Realistic, Opportunities, Anchors, Development, and Stress) to explore potential career paths and evaluate their suitability
- Learn informed decision-making strategies to help participants weigh the pros and cons of different career options and make difficult decisions
- Develop a career action plan to set goals and priorities for your career development
- Learn goal-setting and progress-tracking strategies to maintain motivation and focus on your career goals

Led by experienced doctors who have a wealth of knowledge and expertise in managing careers, this course is designed to provide practical guidance and support to help participants take charge of their professional development.

Who is it for?

Postgraduate doctors in training.



Friday 12th January 2024

Start: 9:30 (Doors open 9:15)
Finish: 3:30

Location: Face to Face

Breaks: Coffee 10:45, Lunch 12:30 - 1:15,
Tea 2:30

Please book with your local centre



DoctorsTraining is a collaboration of senior doctors in postgraduate medical education, executive coaches, and experienced medical leaders.

We provide space to think, time to share ideas and an opportunity to learn with fellow professionals.

We are authentic, highly credible, and passionate about supporting the current and future NHS workforce

#smallchanges-bigimpact

Meet the team

“An expert presentation on resilience and how to motivate ourselves post-pandemic to a Surgical Congress. Simon has a wonderful reflective style of presenting, thought-provoking and useful to the audience. Fantastic feedback and I would love to have Simon back again to provide more talks. Very professional, useful and highly recommended.”

Mr Christian Macutkiewicz
Consultant Surgeon
Association Surgeons
Great Britain and Ireland (ASGBI)