

Prepare Progress

TOP TIPS

**GHNHSFT
Career
Conversation
Team**

Take Ownership of your Career

Come out of your comfort zone

Approach people you don't know

Ask for what you want

Always be on the look out for new opportunities

Do your research

Be curious

Up-date your CV

Keep up-to-date- Join the library and sign up for journals and alerts

Have a Career Conversation

Career conversations are an essential part of professional development.

They can help you plan and achieve your career goals

They provide guidance, feedback, and support to enable you to identify your strengths and weaknesses, explore new opportunities, and develop new skills

They can also help you stay motivated and engaged in your work

Book your career conversation by emailing: gfn-tr.careerconversations@nhs.net

Talk with your Professional Advocate

Unsure who your Professional Advocate is? Email: gfn-tr.pnaleads@nhs.net

Talk with your line manager or your departments professional educators

Look for Career Development Opportunities

Search 'Career Development' on our Trust intranet page to find out what opportunities might be available for your next career step

Or use this QR Code:



Search for Learning Opportunities

Apprenticeships

Clinical Education

Library Services

Shared Decision Making Councils

Search 'Learning Opportunities' on our Trust Intranet Page to find out what learning opportunities there might be for you to develop

Or use this QR Code:



Your Appraisal “My Development Conversation”

In support of your future professional and career development, your Annual Development Conversation is an opportunity to formally discuss and record an assessment of:

- Your Performance
- Aspirations and readiness for career opportunities you would like to be considered for in the future

Your could discuss:

- Taking more responsibility
- Being involved in training staff/education/staff inductions
- Study days or Study time
- Opportunities to shadow other colleagues/ leaders/ different specialities of interest
- Opportunities for Quality Improvement Projects
- Become a career ambassador

Prepare yourself for your appraisal with:

A career conversation: ghn-tr.careerconversations@nhs.net

RCS- A restorative conversation with a Professional Advocate: ghn-tr.pnaleads@nhs.net

What is RCS?

Restorative Clinical Supervision (RCS) is a form of Clinical Supervision but contains elements of psychological support including listening, supporting and challenging the supervisee to improve their capacity to cope, especially in managing difficult and stressful situations (Proctor, 1988).

To find out more about your Appraisal: Development Conversations search ‘My Development Conversation’ on our Trust Intranet page

Or use this QR Code:



Apply for a coach

Why apply for a coach?

Having the support of an experienced and qualified coach who will hold you accountable to taking action on a regular basis, you will reach your carefully created goals more quickly than if you were to do it alone.

To find out more about Coaching, search 'Coaching' on our Trust Intranet page

Or use this QR Code:



Apply for a Mentor

Why apply for a mentor?

Mentoring might be an appropriate development opportunity for you if you:

- are new to a role, department or to the Trust and would like some additional support in this transitional period
- wish to develop your job-related skills, knowledge or networks
- are considering your next career move

To apply for a mentor please email: gghn-tr.mentoring@nhs.net

To apply to become a mentor please search 'Mentoring' on our Trust Intranet page

Or use this QR code:



