

****NEW Careers MOT service for Foundation Trainees****

Are you currently an FY1/FY2 trainee who may require support and guidance on:

- Making an informed speciality choice?
- Preparing for Speciality applications and interviews?
- Making the most of an F3 year?

The London Professional Support Unit (Careers) is currently offering impartial, bespoke 1.5 hour virtual appointments to Foundation trainees to reflect and review on their career progress, challenges and needs to date, and identify key priorities and goals to move their career forward

To apply for 1:1 support, please complete the Careers Unit [application form](#) and state Careers MOT in 'How can we support you' section

[Please note, this service is free and confidential to foundation doctors training in London and Kent, Surrey and Sussex only]

You may also be interested in the following virtual support tools:

[Career Planning for Foundation Doctors E-Module \(eLfH\)](#)

An online 4-stage systematic and interactive career framework with workbooks and exercises

[BMA Speciality Explorer](#)

Specialty explorer is a tool for BMA members that supports your research into medical specialties. '

****NEW 1-2-1 Career Appointments for Senior registrars approaching Consultancy****

Bespoke and Impartial 1.5 hour appointments offered to senior registrars, who are 18 months or less from completing their training and achieving CCT. These appointments are client led and can cover areas such as transitioning to consultancy, networking, preparation for consultant applications and interviews and developing a personal brand.

To apply for 1:1 support, please complete the Careers Unit [application form](#)

[Please note, this service is free and confidential to registrars training in London and Kent, Surrey and Sussex only]

You may also be interested in the following webpage which contains videos, webinars and other resources to support effective consultant applications and interviews:

<https://london.hee.nhs.uk/careers-unit/doctors/preparation-consultancy>

Kind regards,

Shipa

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For more information on our services, including our new [COVID-19 Wellbeing Hub](#), please visit the new Professional Development website: <https://london.hee.nhs.uk/pdt>

HEE is part of the NHS, and we work with partners to plan, recruit, educate and train the health workforce



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