

Career advice...

Where to go for Help



# Introduction

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- This presentation provides an introduction to getting effective advice about choosing a career in ICM
- It covers not only who will be able to give you advice, and ideas about how you can find this at work
- It also describes the importance of self reflection when considering any career, and provides resources to help you do this

# You need to think about...

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- What is it like to work in ICM?
  - As a trainee?
  - As a consultant (remember you are training to be a consultant and not a core or specialty trainee!)
- What does ICM training involve?
- What options are available
  - for core training
  - for specialty training (single or dual CCT)

# Who can provide career advice?

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- All the following will be able to give you help:
  - FICM Tutors (there will be one in your hospital)
  - FICM Regional Advisors (there is one for your deanery)
  - Educational and clinical supervisors
  - Foundation Programme Directors/DMEs
  - Career leads (deanery or hospital)
  - Peers and near peers



# Where and when can you get advice?

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- Where?
  - At work: on wards, on placements, during appraisals
  - At career specific meetings
  - At ARCPs
- How?
  - Organise meetings with trainers
  - Organise a taster session/week
  - Make use of web-based resources



# But this is about you and your career:

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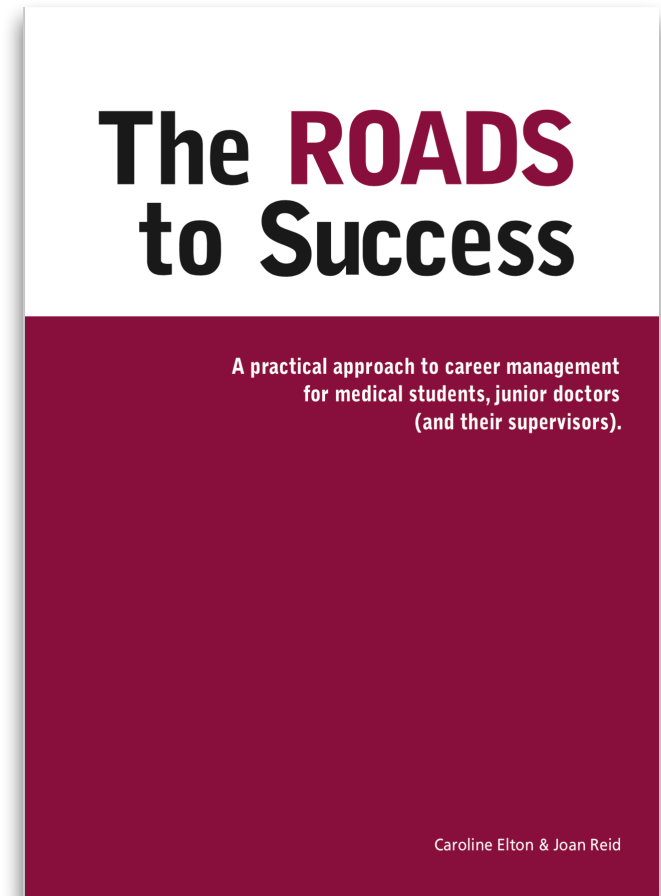
- You must also consider and discuss:
  - Why you think ICM is the right specialty for you?
  - Why do you think you'll enjoy it?
  - What makes you suitable for a career in ICM?
  - Do you have the right skills and aptitude for the specialty
- You should talk this all through with someone you trust to give you good advice, and who knows what working in ICM is



# ROADs

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- ‘ROADs to Success’ has several exercises that can help you think whether you are suited to a particular career (a copy is available in pdf form on this website)
- Use this to help you decide whether ICM is right for you
- Talk the results through with the person giving career advice for the most effective results.



The screenshot shows the Health Careers website interface. At the top left is the 'Health Careers' logo. To the right are links for 'Login', 'Register', and 'Contact us', along with the 'NHS Health Education England' logo. A search bar with the placeholder 'Enter your keywords' is also present. Below the top navigation bar are main menu items: 'Home', 'About', 'Explore roles', 'Career planning' (which is highlighted), and 'I am...'. Underneath these are sub-menu items: 'Planning your career' (highlighted), 'Developing your career', and 'Offering careers information advice and guidance'. On the left side, there is a sidebar with a list of categories: 'Self assessment', 'Exploring your options', 'Decision making' (highlighted in red), 'Career decision making exercises', and 'Applications and interviews'. The main content area features the title 'Decision making' in orange, followed by a paragraph: 'This page has information and tips on making those important decisions after undertaking the self assessment stage of our framework and exploring your options.' Below this is another paragraph: 'You should now have an idea of things like your interests and skills and the things that matter to you most about a job. You may have also identified some job role(s) and may find yourself drawn to a particular area. It is now time to act on what you already know and make some clearer choices.' Social media icons for Twitter, Facebook, and Google+ are located in the top right corner of the content area.

- Similar exercises can be found on the Decision Making page of the Health Careers Website

[www.healthcareers.nhs.uk/career-planning/planning-your-career/decision-making](http://www.healthcareers.nhs.uk/career-planning/planning-your-career/decision-making)



# Summary

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- This presentation has suggested where and how you can get to decide if you want a career in ICM
- It has told you who can help and when they may be available
- It has also suggested where you may get help with seeing if you'll be suited to ICM
- Once you have decided, other presentations on the website will help you put your plan into action

