

BBT Careers Support – What You Can Expect

Welcome to the BBT programme and this outline of the confidential and impartial support you will receive in respect of any careers queries or information requests you may have regarding your choice of specialty, or any wider careers related issues.

HEKSS wishes to support you fully during your training and provide you with information, advice and guidance to enable you to make a considered and well informed decision about your next career step. This may involve looking at your strengths, values, motivations, interests and personality, as well as the range of specialties that you could consider for the future.

We will be using a coaching model to provide the framework in which you will be able to set personal goals, make appropriate and timely decisions and progress successfully within the programme and out to the next stage of your medical training.

As trainees on the BBT programme you will have careers support on 3 levels:

1. Your Educational Supervisor is the first point of contact for any careers-related questions or problems
2. You can also seek support from the DME/TPD/Career lead in your Trust
3. Thirdly, we as the HEKSS careers team, will be available to give non-judgmental advice or information and will offer you regular careers meetings during the programme, as well as the opportunity for one-off additional discussions if required

HEKSS Careers Team

You will be allocated a named careers adviser – either **Lisa Stone** or **Margaret Holbrough** and our contact details are:

Lisa lstone@kss.hee.nhs.uk

Office: **020 7415 3450**

Margaret mholbrough@kss.hee.nhs.uk

Office: **020 7415 3691**

We are both based at HEKSS, 7 Bermondsey Street, London SE1 2DD (London Bridge)

Meetings

We plan to meet each of you face to face 5 times during the programme. The initial meeting will be in a small group at the induction event in August, but subsequent meetings will be on an individual 1-1 basis, either at HEKSS or at your current location, whichever is more convenient. An hour will be allocated for each of these if required and we will contact you individually to arrange these appointments.

Proposed frequency of meetings and potential discussion points:

BBT Year 1

- **Meeting 1:** Induction (August 2015).
 - Outline purpose and scope of support
 - Arrangements and timings for meetings

- **Meeting 2:** Early in 1st rotation
 - Discussion of BBT so far; preparing for decision making
 - Looking at perceived barriers to sound decision making
 - Discussion and planning for career choice at end of BBT1

- **Meeting 3:** Early in 2nd rotation
 - Discussion of BBT so far; preparing for decision making
 - Looking at perceived barriers to sound decision making
 - Reflect on career decision and confirm exit choice at end of BBT1

BBT Year 2

- **Meeting 4:** Early in 1st rotation
 - Discuss any concerns regarding choice if necessary
 - Assess goals for joining CT2/ST2

- **Meeting 5:** Early in 2nd rotation
 - Discuss experience of BBT overall – pros and cons
 - Prepare and facilitate exit from BBT to chosen training pathway
 - Provide information and advice for application to the competitive specialties i.e. core medical training and psychiatry

Finally...

We hope that you find your choice of BBT to be one that is both stimulating and rewarding and would encourage you to take full advantage of this opportunity to experience the 4 specialties offered within the programme and to engage with the careers support we aim to provide.

Margaret Holbrough

Lisa Stone

December 2015