

Careers

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Careers Today

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The Team

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Reminders

- F1 trainees: Self-Assessment need to be completed now and work to develop a personal development Plan (PDP)
- F2 trainees should be introduced to website for competition ratios, person specifications etc. They should also be looking at the applicant's handbook and all the details of the process of recruitment. Introductions should also be made to the Oriel system and MSRA preparation should start now.

Upcoming Training and Development Sessions

We have a jam-packed agenda for the year ahead with a variety of sessions covering multiple areas of career management.

Date	Session	Face to Face/Online	Target Audience
07/09/23	NLP (Communication and Rapport)	Face to Face	ES, TPD's, Career Leads
05/10/23	Negotiations, Assertiveness and Networking	Face to Face	Specialty Trainees
02/11/23	Self-Awareness Masterclass	Face to Face	ES, TPD's, Career Leads
30/11/23	Transition to consultancy	Online	Specialty Trainees

Information and details of how to book on to the events organised by the HEE NW Careers Team can be found at: https://www.nwpgmd.nhs.uk/careers_advice/career_events_and_workshops

Time, Transitions and Drivers

Spending time

After spending time reflecting on the loss of my mum, I somehow dropped into the abyss of nothingness leading to YouTube videos for some instant gratification as temporary relief. I ended up watching hours and hours of videos of ridiculous outrageous watches (Rolex, Audemars Piguet, Richard Mille and the likes) and people's obsession with time, engineering and jewellery that could feed whole villages if not a small country in some cases. I am still fighting the urges I have of wanting to buy a mechanical watch.



It is strange how things evolve organically from nothing. I have a saying that I say to my kids "magic happens when you're doing nothing". The rationale behind my thinking is not to make my kids lazy but telling them that once you have researched a topic you need time to play away from research to allow you to discover patterns that lead to groundbreaking thoughts and discovery others have not. Anyway, enough of the philosophy by Shah 😊. Okay, I think I have taken off enough layers of myself for now and can move on to the point I was going to make regarding time and how that informs our Career choices.

Time, Transitions and Drivers

Spending time Wisely



Part of the focus of this article is on the importance of time and how to spend it wisely. Time is a commodity that we all spend but can never really own. Time gives balance to the world we live in ways that we cannot fully appreciate as I have found through my extensive reading that time is honoured in holy scriptures as well as in secular literature and science wouldn't be balanced or practical without taking time into consideration. So, what is time?

Firstly, it waits for no one, secondly time lost can never be returned and thirdly, although it is inherently valuable, there is no quantifiable price for it, further intensifying its worth.

"Time is a commodity that we all spend but can never really own"

The Seven-year evolution cycle

7-year cycle's

I read an interesting research study on how peoples interest changes every 7 years. It's not a myth but rather a scientifically proven fact that our body and mind go through stages of evolution every 7 years, throughout our entire lifespan. All of us are changing every moment, and each of our cells is also changing.



According to Rudolf Steiner and other scientists, the 7 Year Evolution Cycles are extremely important to doctors, teachers, social scientists, and psychiatrists. This is because of the changes our body and mind undergo after every 7-year cycle. What is it that you need to remain interested?

These are some of the cycles and the labels:

- 21-28 years: Mental and emotional refinement
- 28-35 years: Physical and mental peak
- 35-42 years: "Mid-life crisis" stage
- 42-49 years: Personal reinvention
- 49-56 years: Spiritual awakening
- 56-63 years: A deeper understanding of life
- 63-70-77 years: Maturation into the true self
- 70 years: A growing comfort with life
- 77-84 years onwards: Stage of passing on knowledge.

Those that know me will know that I enjoy theory and discussing the abstract but don't like when a theory tries to put people in boxes. I think all the above can happen but when or if they will happen is another matter. You can obviously read more up on the theory and Rudolf Steiner by following the link below.

<https://www.institute4learning.com/2012/08/07/the-stages-of-life-according-to-rudolf-steiner/>

Navigating Change

Can't find a compass when you need it.

There is a lot of labour market information out there especially from across the pond on how often people change their careers and it does seem like people change



careers as often as 5 times in their whole career lifespan.

My own experience of working as a former a Chef, Teaching assistant and currently as a Careers adviser, Executive Coach and Counsellor has taught me that it's not that people want a career change but going back to the fact that people's interest, motivators, desires, priorities change and that requires a re-assessment of goals rather than a career change. Which could be managed better if more people took time out to plan their career or at least review their careers action plan more regularly.

For me curiosity, openness to opportunities, lifelong learning, knowing, articulating and applying my transferable skills have been the key to managing my career. Also accepting that careers are not guaranteed to be linear, but more like portfolios; each experience adding to your skillset.

For many I have found all that they have needed is flexibility in their role, more or less responsibility or a career pivot. We have many a tool at the deanery from Career Anchors to the Holistic Career tool that can help individuals better manage a transitional time for them and better understand what they need.

So, you have options use a tool or arrange to speak to us at the Deanery or your local career lead to help you achieve a more fulfilling career.

https://www.nwpgmd.nhs.uk/careers_advice/downloadable_leaflets

“For me curiosity, openness to opportunities, lifelong learning, knowing, articulating and applying my transferable skills have been the key to managing my career”.

Contact

If you would like to see your specialty under the spotlight, please get in touch as it would be great to share deeper insights with junior doctors considering specialty options. We hope you have found this useful. We are happy for you to contact us via email if you have any queries or if you want to suggest topics you would like us to cover in future issues.

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