

Careers Support at the North West of England Foundation School

Planning your career is a key skill in today's NHS. There are many resources available to help you with this but the responsibility to manage your career lies with you. Like any other management skills, career management does require you to develop and use techniques that might as yet seem unfamiliar.

For lots of general careers information on how to plan your career in medicine and advice on application forms, CVs and interviews and much more then visit the careers section of the NWPMD website [Careers Support and Resources](#) and also visit the Health Careers Website which has sections specifically on career planning for doctors [Career Planning for Doctors](#)

HENW help train your educational supervisors to provide career guidance for you. You will be expected to discuss career plans during some of your educational appraisal meetings. You can get extra help with difficult career choices from your Foundation Programme Director or local Medical Careers lead. If you are really stuck and you need specialist help then this is available through HENW.

As a foundation trainee you will also have access to group careers sessions to help you develop your career management skills. Some of these will be delivered in the mandatory education programme and some could be voluntary.

Want to get involved in developing careers support for yourself and your colleagues?

The North West of England Foundation School have a *foundation trainees forum* with representatives from every programme across the school. Trainees from the forum have in the past worked with the HENW careers team to develop the service. Talk to your rep if you have any suggestions for how the careers support can be developed.

Useful Leaflets to help you with your Career Planning during Foundation

[Career Planning Support during Foundation](#) - details of the support and resources available to you during Foundation

[Timeline - Career Planning during Foundation](#) – timeline of the activities you could consider during Foundation to help develop your career management skills