

How to prepare for a career consultation with Medical Forum

Finding the time to even book the call is the first challenge.

Once you have found and booked a slot - it is important that you spend a little time preparing for the call so that you can be sure you get the best from it.

We must emphasise that career guidance is something we offer only within a full Career Review Programme.

A single call can however be invaluable for one or more of the following

- short term planning to facilitate more in depth career reevaluation
- sharing concerns and receiving some encouragement or empathy for a difficult situation
- discussion about how burnout may be limiting or spurring career planning
- career crisis evaluation ...where deadlines are looming
- getting a view on when and if a Career Review would be useful
- generating time for career planning when there isn't any!
- asking questions about the Career Review
- work life balance discussion
- career mismatch discussion
- highlighting provisional things that may be holding back your ability to career plan effectively

Use the space below (once printed off) to jot down some thoughts of things that may come into the topics listed above and what realistically you would like from the call. This can form a mini agenda which you can use during the call. There may be numerous issues you would like to cover but 55 minutes goes surprisingly quickly so if you end up with more than 4 items to discuss - do try to prioritise these by numbering the boxes down the LHS in order of top priority.

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