 Public Health Medicine Career Plan

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| --- | --- |
| **Date:** |  |
| **Name:**  |  |

## Part 1: Knowing Yourself

The first step in planning your career in Public Health Medicine is evaluating and understanding your aspirations, strengths, interests, drivers and other influences.

**Please indicate which aspects you have evaluated:**

|  |  |
| --- | --- |
| *Click on the boxes below to ‘tick’ them* | *Briefly record these here if you wish (optional):* |
| [ ]  My key strengths |  |
| [ ]  My technical skills |  |
| [ ]  My work values |  |
| [ ]  My key fields of interest |  |

**Who have you discussed your career with?***Click on the boxes below to ‘tick’ them*

|  |  |
| --- | --- |
| [ ]  Training Programme Supervisor [ ]  Workplace Supervisor[ ]  Manager[ ]  University Tutor/ Academic Supervisor | [ ]  Mentor[ ]  Career Development Professional[ ]  Peer |
| [ ]  Other: *(Please state)*  |  |
|  |

### Areas for Development

Through your self-assessment you may have identified particular skills or areas of knowledge you wish to develop.

**What are these areas for development?**

## Part 2: Exploring Possibilities

Research the Public Health Medicine development possibilities and career pathways that are open and attractive to you. Consider your self-assessment outcomes and future health workforce needs.

|  |  |
| --- | --- |
| **Option 1:** |  |
| **Option 2:** |  |
| **Option 3:** |  |

## Part 3: Making Choices

Consider the suitability of each option and decide which one is the best match to your aspirations and public health workforce needs. Before making the decision, consider the following:

* What are the pre-requisites to this career pathway or development option?
* What are the perceived barriers/obstacles and how can they be overcome?
* Outside of work commitments?
* The level of involvement required?
* Which of my options responds best to my employer and public health workforce needs?

**Which option is the best match and why?**

### Goal(s)

Based on the choices you have made, and the development opportunities you have identified now write your goal(s).

**Aim to make each goal as specific as you can:**

## Part 4: Making it Happen

In order to achieve your career goals, you need to have an agreed course of action. You and others involved (your TPS, mentor, manager) need to have a clear understanding of what steps you will be taking, the commitment needed by both you and your manager, and relevant timeframes.

**Now complete the action plan on the following page.**

### Action Plan

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Start date** | **Completion date** | **Skill, experience, knowledge to be gained** | **How will this be gained?***(e.g. on the job experience, formal/informal seminars/courses, coaching/mentoring)* | **Provider** *(e.g. workplace, university, College, coach/mentor)* |
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