 Public Health Medicine Career Plan

|  |  |
| --- | --- |
| **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:**

|  |  |
| --- | --- |
|  | *Provide details below* |
| Key strengths |  |
| Technical skills |  |
| Work values |  |
| Fields of interest |  |

**Who have you discussed your career with?**

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

### Areas for Development

List any skills or areas of knowledge you wish to develop.

## Part 2: Exploring Possibilities

Research some Public Health Medicine career pathways that are of interest to you and may fit future health workforce needs.

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

## Part 3: Making Choices

Choose the option that best matches your aspirations. Think about:

* Pre-requisites to this career pathway or development option
* How to overcome any challenges to achieve your goals
* Outside of work commitments
* The level of involvement required
* Which options respond best to my employer and public health workforce needs?

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

### Goals

Based on the choices you have made, and the development opportunities you have identified, list your goals below.

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

## Part 4: Making it Happen

To achieve your career goals, you need a course of action that outlines the steps you need to take, the commitment needed 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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