

## Falak Masood

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Registrar in Clinical Radiology

### Short summary of career

I graduated from The University of Cambridge in 2013 and moved up to the East of England for my foundation training. I really enjoyed my foundation training and it got me excited about imaging and where things were heading in the future. I then returned to the east of England for my specialist training in clinical radiology.

I have always wanted to be involved in education and supporting juniors and I am now also working as a Mentoring fellow working for HEE in the East of England.

### Personal background

I went into training after completing the foundation training programme, and though it felt right for me at the time, I was aware that some of my peers who came from more senior positions before entering radiology training were more experienced and more confident in dealing with other members of the team. ARCPs and educational supervision were useful but I wasn't sure who to go to for advice on my greater personal and professional development. Advice and support I received from senior trainees was really crucial for me in that period and has helped me develop into a better professional today. I live in Cambridge and spend a lot of time socialising with friends and family at the weekends – I believe in a good work-life balance! I like movies, music, reading and have a real case of wanderlust... travelling around East of England in this fellowship role works really well for me!

### Thoughts on mentoring

I have been really lucky to benefit from mentors throughout my training and have been informally involved in mentor schemes for medical students in the past.

I think there is a lot more that can be done to support junior doctors in their training and I feel mentoring is one of the ways a better support network can be achieved. I am keen to see mentors and access to mentoring schemes be available for every trainee who wishes to access it in the region.

Not only are there benefits for the mentee and mentor, but overall it can create a much more positive work environment and a wide sense of team spirit.



### Specialist areas

- Mentoring
- Education
- Junior doctor support.