

**Name: Alison Skippen**

**ST5 Paediatric Trainee  
Cambridge University  
Hospital NHS Trust**



**About / Career Summary**

My name is Alison and I am a Paediatric Registrar in the East of England Deanery.

After completing my undergraduate medical degree at the University of Southampton, I then completed Foundation Year training in North East Thames Foundation School. In 2010, I started Paediatric Training as a Less Than Full Time Trainee in the East of England Deanery.

Recently, I have completed a postgraduate certificate in Medical Education at the University of Dundee (Distance Learning). During this time I developed an interest in supporting trainees and I see mentoring as a key part of this.

**Thoughts on Mentoring**

Mentoring / coaching is a process whereby one person shares their knowledge, skills and experience to assist others to progress in their own lives and careers. It can be beneficial for both the mentor and mentee.

I hope that by being a mentoring fellow, I can encourage both trainees and senior clinicians to become mentors. In the future, I hope that mentoring will become an integrated part of training.

**Specialist Areas**

- Community Paediatrics
- Paediatric Neurology & Epilepsy
- Medical Education
- Mentoring / coaching

**Personal Background**

I live in Southend-on-sea in Essex with my husband and 2 children. I enjoy drinking coffee and reading books. I also enjoy the outdoors and go walking and cycling as much as possible.