


Making the most of opportunities to improve your CV

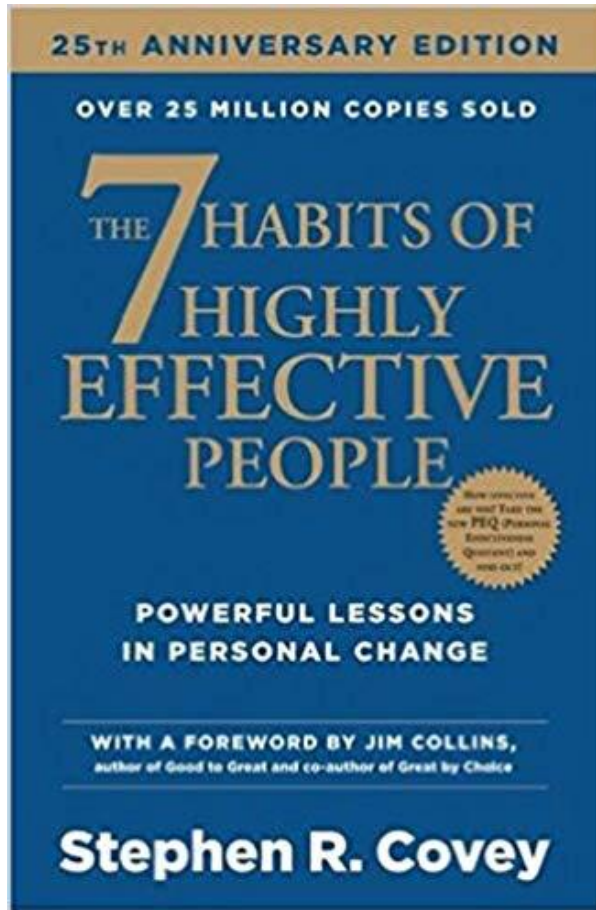
Alex Brightwell
Consultant Paediatrician
NNUH



SOMETIMES YOU JUST NEED
TO FOCUS ON YOURSELF,
AND THAT'S OKAY.

tinybuddha.com





Original article



OPEN ACCESS

Peer mentoring: evaluation of a novel programme in paediatrics

Sarah Eisen,¹ Seema Sukhani,¹ Alex Brightwell,¹ Sara Stoneham,² Andrew Long³

Careers

Returning to clinical training after maternity leave

BMJ 2013 ; 347 doi: <https://doi.org/10.1136/bmj.f5965> (Published 09 October 2013)

Cite this as: *BMJ* 2013;347:f5965

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Alexandra Brightwell, specialist registrar, paediatrics ¹, Susie Minson, specialist trainee, paediatrics ²,

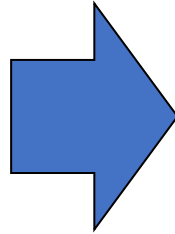
Allison Ward, specialist registrar, paediatrics ², Caroline Fertleman, training programme director, London School of Paediatrics ²



The Lego Movie: an analogy for clinical training



Emmett
FY1



The 'Master Builders'
Consultants



Your journey to 'Master Builder'

- What makes you different? Where is your expertise? How can you integrate this with your return to work?
- Or more realistically, what is it that makes you tick? What is it that inspires you? What is it that, in the difficult days and weeks of returning to work will make you think 'this is all worthwhile?' What opportunities should you take?

Think

1. What do you enjoy about work?

2. How has being off changed your perspective? Is there something that you have learned about yourself?

Blue sky thinking

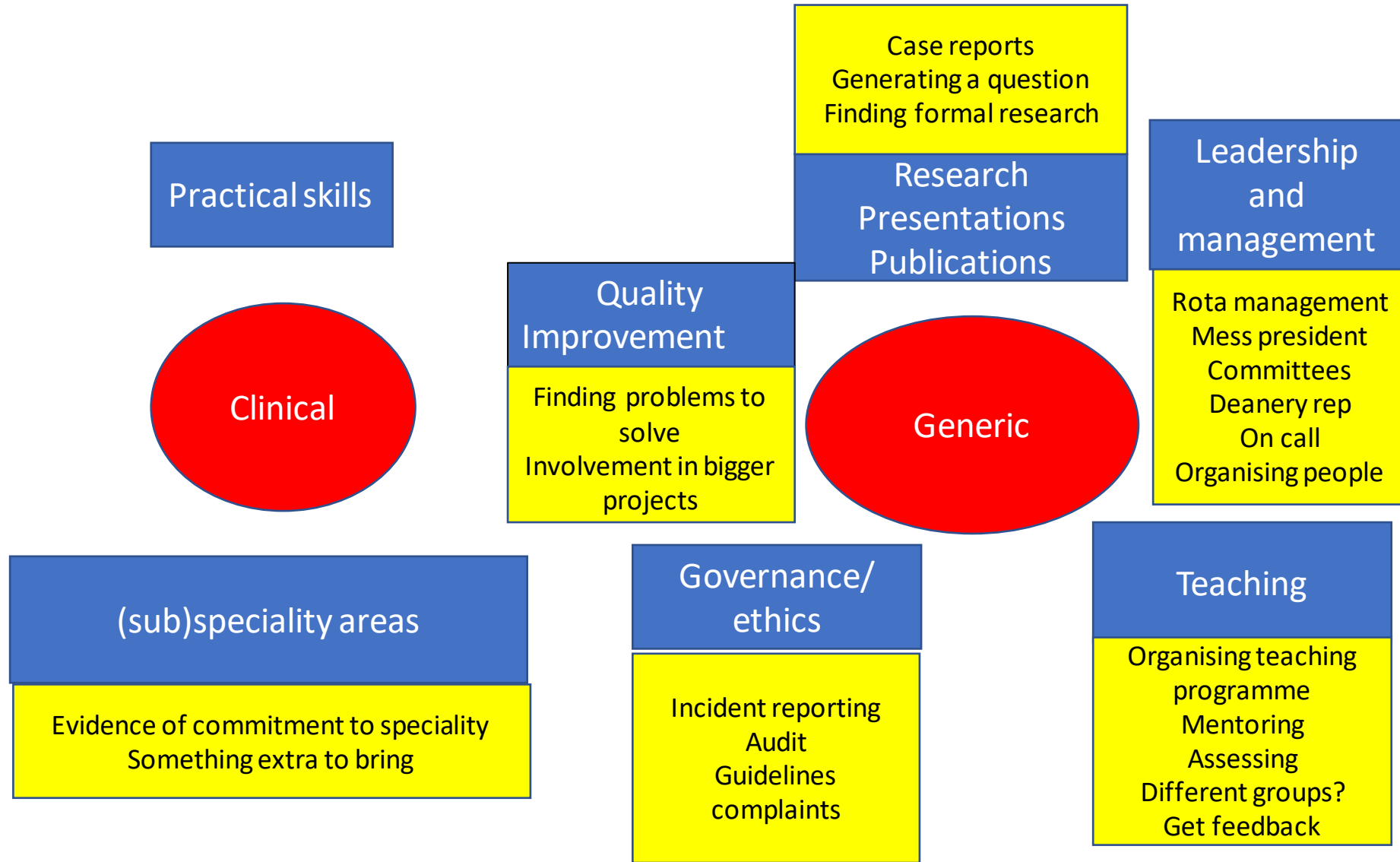
- If I had the opportunity I'd like to....
- The very first step I need to take is...
- Could you commit yourself a time frame to doing that?





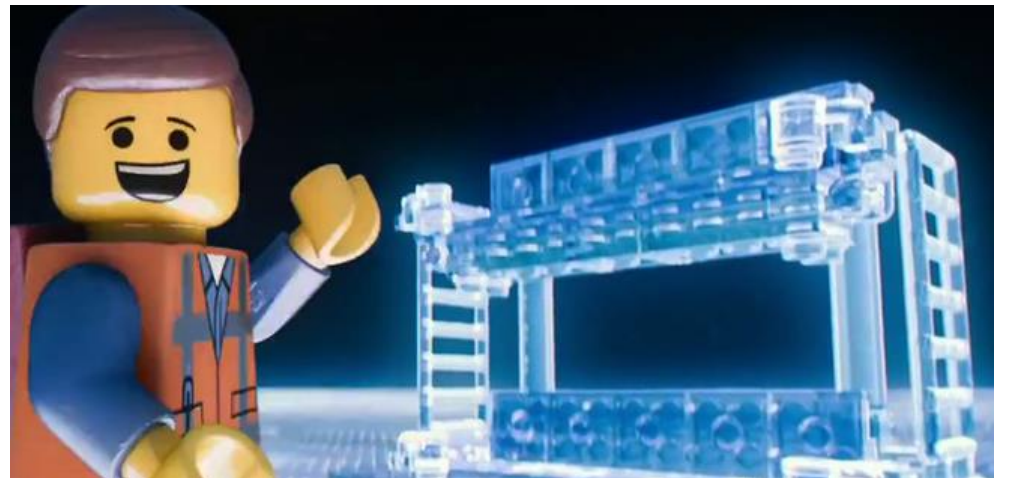
**Through
Here!!!**

What areas are assessed on CV and at interview?



Jumping through hoops

- Can you identify an area where you feel you do need/ would like to focus on?
- How could you make one step towards it?



	URGENT	NOT URGENT
IMPORTANT	<p><u>Quadrant I</u> <i>urgent and important</i> DO</p>	<p><u>Quadrant II</u> <i>not urgent but important</i> PLAN</p>
NOT IMPORTANT	<p><u>Quadrant III</u> <i>urgent but not important</i> DELEGATE</p>	<p><u>Quadrant IV</u> <i>not urgent and not important</i> ELIMINATE</p>



Making the most of opportunities ~~to improve your CV~~

Alex Brightwell

Consultant Paediatrician, NNUH

if opportunity
doesn't knock,
build a door.

—milton berle—